REACH FOR THE PIES! DISCOVER THE ART OF PERFECT GOLDEN PASTRY

goodFOOD

October 2025

Comfort zone

Cosy up with feel-good global flavours

- Creamy pumpkin curry
- Sunday roast ramen
- Thai coconut chicken soup

Get ready for your new pasta obsession

MIDWEEK PICK-ME-UPS

Quick, warming dinners to savour on the sofa

Switch on, veg out

Slow cooker suppers for a relaxing end to busy days

THE BEST ROAST CHICKEN

you'll ever make (+ gravy)

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- FAMILY FUN

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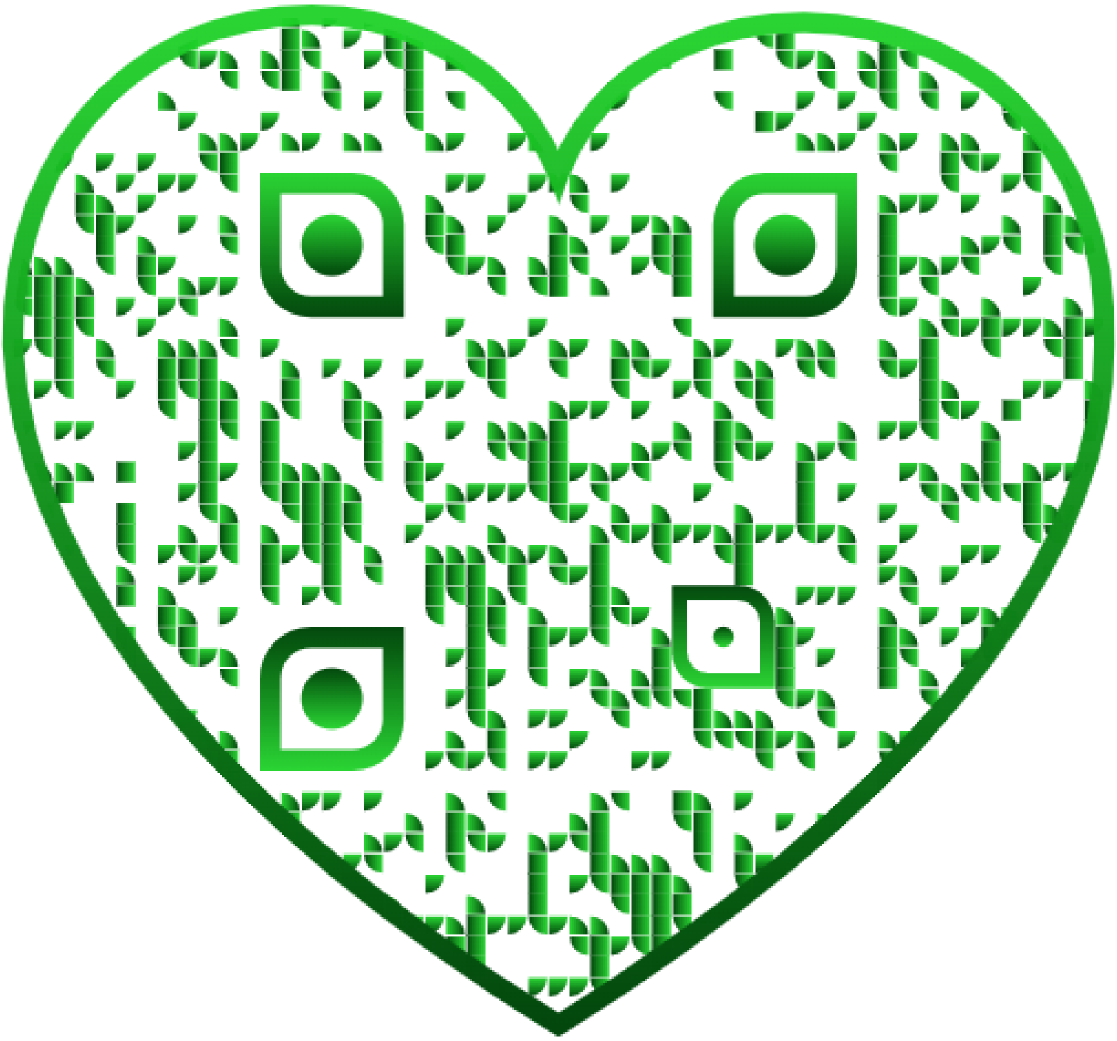

It's not a little thing.
It's everything.
Tender
TESCO
Every little helps

Welcome to October

Let's face it: autumn suits us. There's something about the cooler days, earlier evenings and return of roasts that gives the home cook a warm glow. This issue is all about comfort food with character, from our cover star creamy pumpkin curry to Sunday roast ramen – we've given global favourites a Good Food spin (p9). We're also celebrating pie in all its flaky glory (p93), helping you create bakes to be proud of, and the best roast chicken you'll ever make is on page 108, complete with gravy. For cooking smarter midweek, we've also packed in easy bowl food (p24) and switch-on, veg-out slow cooker dinners (p38).

Halloween is on the horizon, too, of course. Don't miss our low-waste party ideas (p34) – all treats, no tricks, with less impact on the planet. Plus, we look at the health-giving, planet-friendly power of pulses (p56) and grains (p123). So, whether you crave the comfort of a seasonal pear cake (p66), Britain's best cheese (p110), or you're still just chasing the sunshine (p134), there's a dish – and a daydream – here for everyone.

Keith

Keith Kendrick,
Group magazines editor
@keithk_goodfood

3 *of my faves from this month's issue*

CELEBRATE DIWALI
Author Rinku Dutt shares a feast, while chef and *Indian 101* author Karan Gokani's dishes bring flair and punch to our Diwali feature (p72).

TWO-IN-ONE PASTA
We've combined Sicily's pasta alla norma with Rome's arrabbiata in a mash-up – the perfect pasta dish for those who can't decide (p32).

TOP ROAST CHICKEN
I often debate the best way to roast chicken but Barney Desmazery, the 'dude from Good Food', has nailed it – trust me (p108).

FOLLOW GOOD HEALTH ON SOCIAL

Introducing our new health and wellness channel: meet **Good Health** – the newest member of the Good Food family. Join us on TikTok and Instagram for daily health inspiration and expert tips you can trust. No hype, just Good Health. *@goodhealthbygoodfood*

COOK THE COVER (p16)

RECIPE
Romy Gill

PHOTOGRAPH
James Lee

FOOD STYLIST
Amy Kinnear

PROP STYLIST
Jo Harris

SHOOT DIRECTOR
Rachel Bayly

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Comfort zone

Friends of Good Food

MARK KEMPSON
We should all eat more game – it's seasonal, sustainable and good for you – so Michelin-starred Kitchen W8 chef Mark deep-dives into what to cook and how to do it (p106).

JULIET SEAR
You'll recognise Juliet from her bakes and advice on ITV's *This Morning*. Her spooky low-waste Halloween treats brilliantly use up leftover fruit and veg (p34).

ROMY GILL
What do you think of our cover recipe? Gorgeous, isn't it? It was made for us by British-Indian chef and food writer Romy who's turned pumpkin into a work of art from her heritage (p16).

Editor's portrait MELISSA REYNOLDS-JAMES

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good FOOD October 2025

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Britain's number one food media brand

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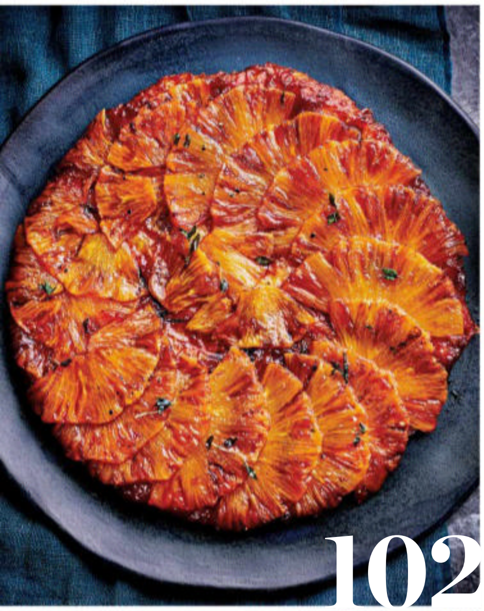
Editor of the Year (Food and Drink) Keith Kendrick, Good Food	**Campaign of the Year:** Good Food app takeover by Nadiya Hussain	**Editorial Team of the Year: Consumer** Good Food and olive	**Best Online Brand: Consumer** Good Food	**The Readly Award** Good Food *What's Your Perfect Comfort Food?* (October 2022)	**Best Food & Drink Podcast** Good Food Podcast	**Media Brand of the Year (Consumer Media)** Good Food	**Editor of the Year (Consumer Media)** Lily Barclay *goodfood.com* and *olivemagazine.com*	**Writer of the Year** Melissa Thompson, Good Food	**Editor of the Year, Food & Drink** Lily Barclay	**Media Brand of the Year** Good Food



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Why you can trust goodFOOD

Good Food is the UK's No.1 food lifestyle media brand. We are passionate about food and cooking. While recipes are at the heart of what we do, we are committed to helping you have the best food experience you can, whether you're shopping for food, in your kitchen or eating out in the UK or abroad. This is what we promise:

Biggest and best
We're proud to be Britain's biggest-selling food magazine and the UK's No.1 food website, *goodfood.com*. Our contributors – chefs, our in-house team and confident columnists – are experts in their fields. Join the conversation in our twice weekly podcasts. Our best-selling cookbooks feature our trusted recipes.

Recipes for everyone
We always include quick, easy dishes, ideas for relaxed entertaining and more challenging recipes for when you want to take your skills up a notch.

Tested and trusted
All our recipes are thoroughly tested by experts to ensure they'll work for you. We put our gadgets through a rigorous testing process and carry out our taste tests fairly. Our restaurant and travel recommendations have all been tried by one of us.

Ethical
We care about the food we eat, the people who produce it and the effect this has on the world. In our test kitchen, we use humanely reared British meats, high-welfare chicken and eggs, and sustainable fish whenever possible. We aim to help you avoid food waste, with advice on using leftovers.

Healthy eating
Every recipe is analysed by our BANT-registered nutritionist, so you can be informed when you choose what to eat. We flag up vegetarian, vegan and gluten-free recipes. Find out more about our health philosophy on page 137.

Families and children
Families can need help to create harmonious mealtimes, so we address this by flagging up 'family' recipes. We encourage children and teenagers to get cooking with recipes that help them to learn new skills. Find out more at *goodfood.com/family-kids*.

Eating like a local
One of the joys of travel – both in the UK and overseas – is discovering great food. Our features are written from an insider perspective by on-the-ground writers and food and travel journalists.

Independent and respected
We are impartial and independent, so you can trust our advice and recommendations on everything from restaurants and wine to kitchen gadgets and more. We encourage your input on your local finds, and appreciate your feedback on our recommendations.

Food is our passion and pleasure
We take food seriously, but we also believe it's a pleasure to be enjoyed, whether cooking for the family, trying an unfamiliar ingredient, buying new products or eating out. We share our food discoveries and adventures with you – and love you to share the same with us on social media using *#goodfood*.

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Our commitment

At Immediate Media, publishers of Good Food, we respect and value differences. We understand that when people from different backgrounds and with different points of view work together, we can create the most value for our readers, our people and society. We always strive to be inclusive, but we need to do better. We have been taking time to listen and understand how we can make positive changes, and how we can better support and increase diversity across all our brands. We continue to work on a comprehensive plan to create and drive authentic change.

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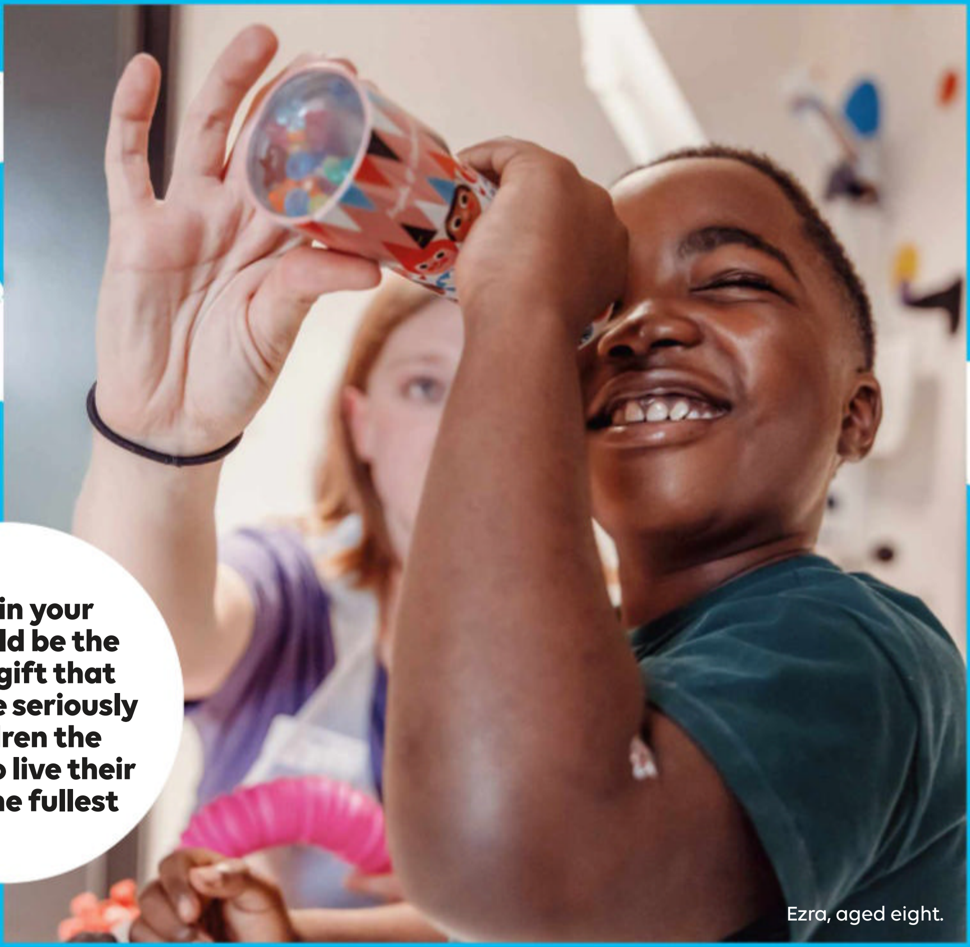
Patients like Ezra at Great Ormond Street Hospital are looking for someone special to help give them the best chance and the best childhood possible.



A gift in your Will could be the special gift that helps give seriously ill children the chance to live their life to the fullest

Ezra, aged eight.

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● Vegan

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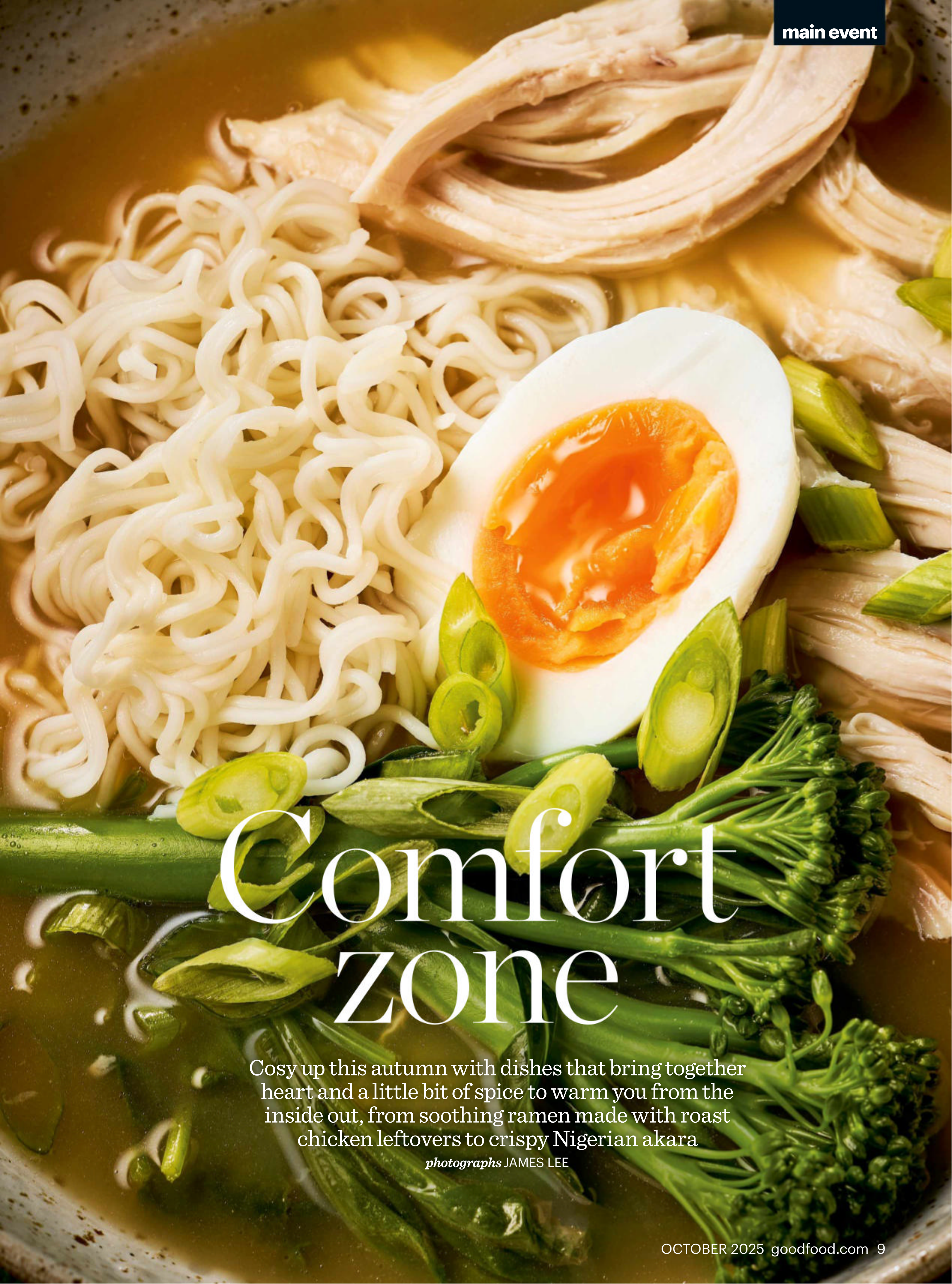
BART
SWEET SMOKED PAPRIKA
Fruity with a smoky finish
For the love of food

SAVOUR EVERY MOMENT

Find joy in creating something special to share with the people you care about most. Immerse yourself in the flavours and savour every delicious moment together.

Available at Waitrose, Ocado, Morrisons, Booths, Amazon, and Bart.co.uk. Selected stores. Subject to availability. Serving suggestion shown.

Scan for chef James Strawbridge's recipes using Bart's oak-smoked Sweet Paprika, including this twist on a classic paella.



Comfort zone

Cosy up this autumn with dishes that bring together heart and a little bit of spice to warm you from the inside out, from soothing ramen made with roast chicken leftovers to crispy Nigerian akara

photographs JAMES LEE

Bistec ranchero

This speedy bistec ranchero is something my mum mastered very well, mainly because she really doesn't like cooking! So, when my dad wasn't able to cook for us, she would make this: thin steak strips, quickly fried and cooked with vegetables. Her version was simpler than mine, but I like to add potatoes and a bit of double cream to make it go further and feel a little more special. ***Karla Zazueta***

SERVES 6 **PREP** 10 mins
COOK 30 mins **EASY**

- 3 tbsp rapeseed oil
- 1 onion, thinly sliced
- 2 garlic cloves, finely chopped
- 3 medium tomatoes, roughly chopped
- 1 green pepper, thinly sliced
- 2 large red potatoes, peeled and thinly sliced
- 1 fresh jalapeño, whole and pierced with a sharp knife a few times
- 1 tbsp sea salt flakes
- 550g bavette steak, thinly sliced
- ¼ tsp dried oregano
- small handful of coriander, finely chopped
- 50ml double cream

To serve

- toasted corn tortillas and refried beans

1 In a large saucepan, heat the oil over a medium heat. Add the onion and fry for 4-5 mins until soft and translucent. Stir in the garlic and fry for another 2 mins until fragrant. Stir in the tomatoes and green pepper. Cook for 5-7 mins until the tomatoes begin to soften and break down.

2 Add the potatoes, whole jalapeño, the sea salt flakes, 100ml water and season with black pepper. Mix well, lower the heat, cover with a lid and let it simmer for 10-12 mins. Stir occasionally to ensure it doesn't dry out and that the potatoes cook evenly. When the potatoes are almost tender, add the sliced steak. Stir gently and cook, with the lid on, for another 6-8 mins, mixing occasionally. Just before serving, add the dried oregano, coriander and double cream. When stirring, be careful not to break up the potatoes. They should stay whole but be tender at the end of cooking.

3 Mix gently and cook for a final 2 mins. Serve hot with refried beans and warm corn tortillas on the side.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free
PER SERVING (6) 317 kcals • fat 20g • saturates 7g • carbs 16g • sugars 4g • fibre 3g • protein 16g • salt 2.61g

Karla Zazueta is the author of *Norteña* featuring recipes from her childhood in Baja California, in the north of Mexico. She now lives in London and runs cookery classes and hosts regular sold-out supper clubs. *@mexicanfoodmemories*

Tom kha gai

This classic Thai soup is Thailand in a bowl – creamy, yet sour and with a gentle heat. It is made with quintessentially Thai ingredients — coconut milk, galangal, lemongrass and lime leaves, and it's ready in under 30 minutes. ***Dominique Woolf***

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY** ❄

- 800ml chicken stock
- 2 x 400g cans coconut milk
- 2 tbsp galangal paste
- 2 stalks lemongrass, trimmed, bruised and cut into large pieces
- 8 lime leaves, torn in half
- 500g skinless, boneless chicken thigh fillet, thinly sliced
- 300g oyster mushrooms, cut into bite-sized pieces
- 4-6 bird's eye chillies, according to your preference for heat, lightly bashed
- 1 tbsp caster sugar
- 3-5 tbsp fish sauce
- 2-3 limes, juiced
- small handful of coriander leaves and steamed rice, to serve

1 Pour the chicken stock and coconut milk into a large saucepan set over a medium heat. Tip in the galangal, lemongrass and lime leaves, and bring to a gentle simmer, around 6-8 mins. Keeping at a gentle simmer, add the chicken. Cook for 8-10 mins until tender and cooked through.

2 Stir in the mushrooms and chillies, and simmer for a further 3-5 mins until everything is cooked through. Sprinkle in the sugar and 3 tbsp each of the fish sauce and lime juice. Taste and add the remaining if required.

3 Remove the galangal, lemongrass and lime leaves before serving using a slotted spoon. Ladle into bowls and serve with coriander leaves sprinkled over and steamed rice on the side. *Will keep chilled for up to three days. Leave to cool first.*

GOOD TO KNOW vit c • 1 of 5-a-day
PER SERVING 585 kcals • fat 43g • saturates 32g • carbs 15g • sugars 10g • fibre 2g • protein 34g • salt 5.46g

Dominique was taught how to cook by her Thai mother and auntie. She published her first book *Dominique's Kitchen* after winning *The Great Cookbook Challenge with Jamie Oliver* on Channel 4, then followed up with *The Asian Pantry*. She also founded Woolf's Kitchen. *@dominiquewoolf*

Saltfish akara

This is more than a dish; it's a warm, nostalgic hug that instantly takes us home. Growing up, akara was a signature 'small chop' (snack food) at our grandma's house, the sizzle of hot oil and the aroma of spiced beans and peppers drifting through the morning air, pulling everyone to the kitchen, eager for that first golden bite. We've taken that memory and made it even better, folding in tender salted fish, sweet peppers, and warm spices. ***Jess & Jo Edun, 'The Flyergians'***

SERVES 4-6 **PREP** 25 mins plus at least 1 hr soaking **COOK** 45 mins
MORE EFFORT

250g saltfish
400g can black-eyed beans, drained and rinsed
2 Romano peppers, roughly chopped
2 red onions, finely chopped
1 scotch bonnet, deseeded if you prefer less heat, roughly chopped (optional)
1 egg
1 tbsp jumbo prawn seasoning (available online)
1 tsp curry powder, mild or hot
1 tbsp garlic paste
1 tbsp paprika
3 mixed colour bell peppers, diced
100g cornflour
1.5 litres vegetable oil, for deep-frying
spicy pepper sauce, to serve (optional)

1 Soak the saltfish for at least 1 hr to remove excess salt. Tip into a pan of boiling water and let it simmer for 5-10 mins. Drain well, then rinse under cold water, remove any bones and finely shred.
2 Tip the beans, peppers, half the red onions, scotch bonnet, if using, and the egg into a food processor with a splash of water. Blitz until you have a thick, smooth paste.
3 Transfer the blended paste to a bowl and add the prawn seasoning, curry powder, garlic, paprika, diced mixed bell peppers, remaining red onion, cornflour and shredded saltfish. Stir well to combine and taste, adding salt only if needed.
4 Fill a deep saucepan halfway up with oil, and heat to 170C, or until a drop of batter sizzles on contact. Using a tablespoon, scoop the batter and carefully drop into the hot oil, frying in batches to avoid overcrowding. Cook for 4-6 mins, turning occasionally, until golden brown and crisp.
5 Lift the akara out with a slotted spoon and drain on kitchen paper. Serve warm on a platter with a spicy pepper sauce, if you like.

GOOD TO KNOW fibre • vit c • 2 of 5-a-day
PER SERVING (4) 437 kcals • fat 24g • saturates 2g • carbs 31g • sugars 8g • fibre 7g • protein 21g • salt 1.34g

Growing up, sisters Jess and Jo found inspiration cooking with their Nigerian grandma. They started cooking professionally as a pop-up before opening The Flygerians restaurant in Peckham Palms in 2021. *The Flygerians Cookbook* was released in 2024. *@theflygerians*

make our gF cover recipe

Pumpkin, coconut & poppy seed curry

When pumpkins were in season in India, the women who had a friendship circle in the township I grew up in, including my mum, would share dishes and recipes with one another. It was a beautiful exchange of culinary traditions. Dad had been here in England visiting me and we cooked this dish that was truly loved by all. I hope you enjoy making it too.
Romy Gill

SERVES 4 **PREP** 15 mins plus resting **COOK** 1 hr **EASY** V ❄

1kg whole pumpkin or butternut squash
2 tbsp rapeseed oil
2 tsp ground cumin
1 tsp mild chilli powder
1 large banana shallot, roughly chopped
1-2 bird's eye chillies, depending on your preference for heat, deseeded and roughly chopped
4 tbsp white or black poppy seeds
4 tbsp unsweetened desiccated coconut
1 tsp ground black pepper
½ tsp ground turmeric
½ lemon, juiced
1 tsp black mustard seeds
10-12 fresh curry leaves
1 tbsp tomato purée
400ml coconut milk
small handful of coriander leaves
cooked rice and flatbreads, to serve

1 Heat the oven to 220C/200C fan/gas 7. Cut the pumpkin or squash, with the skin on, into roughly 2cm thick wedges, then scrape out the seeds. Put on a large baking tray, then combine 1 tbsp of the oil with 1 tsp of the cumin, the chilli powder and ½ tsp salt, then drizzle this over the pumpkin and use your hands to coat well. Roast for 30-35 mins until tender and the edges are charred.

2 Meanwhile, tip the shallot into a high-powered blender with the chillies, poppy seeds, desiccated coconut, black pepper, turmeric, remaining cumin, lemon juice, 100ml water and ½ tsp salt. Blend to a smooth paste.

3 Heat the remaining oil over a medium-high heat in a frying pan and add the mustard seeds. As soon as they start to pop, add the curry leaves and paste. Reduce the heat, stir and cook over a medium heat for 5 mins. Add the tomato purée and cook for 2 mins. Pour in 100ml hot water and the coconut milk and cook for another 10 mins, until the sauce looks creamy, smooth and has reduced slightly. Season to taste.

4 Add the roasted pumpkin into the sauce carefully, cover the pan, then cook for another 6-8 mins. Remove from the heat and let it rest for at least 15 mins, so the pumpkin can soak up the sauce. Garnish the curry with the coriander leaves and serve with the rice and flatbreads.

GOOD TO KNOW vegan • fibre • vit c • 2 of 5-a-day • gluten free
PER SERVING 411 kcals • fat 37g • saturates 24g • carbs 10g • sugars 7g • fibre 7g • protein 7g • salt 1.33g

As the former owner of Romy's Kitchen in Gloucestershire, British-Indian chef Romy garnered acclaim for her innovative approach to Indian cooking. She is also the author of three books, including her latest *Romy Gill's India* sharing recipes from the Bengal and Punjab region. @romygill

Leftover Sunday roast chicken ramen

Using the reserved bones from a roast chicken, you can make a quick, aromatic broth that's rich and satisfying. Shredded meat, tender noodles, and simple toppings like green onions, soft-boiled eggs, and nori transform leftovers into a meal that feels indulgent yet effortless. ***Yuki Gomi***

SERVES 2 **PREP** 30 mins
COOK 1 hr 30 mins **MORE EFFORT**

- 1 leftover roast chicken carcass and bones
- 3cm piece fresh ginger, roughly chopped
- 1 stick of celery, roughly chopped
- 1 small onion, cut into 4 pieces
- 1 small leek or ½ large leek, roughly chopped
- 2-3 garlic cloves, unpeeled
- 1 carrot, cut into 4 pieces
- 4 tbsp dashi powder (optional)

For the kaeshi sauce

- 50ml Japanese soy sauce
- 1 tbsp caster sugar
- 1 tbsp mirin

To serve

- 200g Tatsoi, or any leafy greens, like long-stemmed broccoli or spinach
- 1 tsp sesame oil
- 200g fresh ramen noodles
- 200g sliced or shredded leftover roast chicken
- 2 spring onions, finely sliced
- 1 soft-boiled egg, cut in half (optional)
- pinch of togarashi (seven spice) (optional)

1 To make the stock, put the carcass and bones in a big stock pot and cover with 1½ litres cold water. Bring to the boil. Skim away the scum (it will take about 10 mins after the water has boiled before the scum stops rising). Add all the vegetables and bring back to the boil, then simmer for 1 hr. Strain the stock through a fine sieve and discard the contents of the sieve. Set aside to cool, then stir in the dashi powder if using.

2 To make the kaeshi sauce, put the soy sauce, sugar and mirin in a small saucepan and bring to the boil. Simmer for a couple of minutes using the lowest possible heat and watch it carefully as it burns easily. Turn off the heat and set aside. *Will keep chilled for up to a month. Leave to cool first.*

3 Steam your choice of leafy greens and have these ready to top the dish. Pour 1½-2 tbsp of the kaeshi sauce into individual noodle bowls. Reheat the stock if it has cooled, so that it is piping hot. Add 300ml of the stock to the bowls and a drizzle of the sesame oil, then mix well.

4 Meanwhile, bring a large pan of salted water to a boil. Add the noodles and cook following pack instructions. Drain well, then add the strained noodles, the shredded chicken, spring onions, leafy greens, half an egg each and a sprinkle of togarashi, if using. Serve the ramen immediately to avoid soggy noodles!

GOOD TO KNOW low cal • folate • vit c • 1 of 5-a-day
PER SERVING 475 kcals • fat 17g • saturates 4g • carbs 42g • sugars 12g • fibre 4g • protein 36g • salt 2.37g

Yuki Gomi is a Japanese chef, food writer and cookery teacher. Her mission is to educate and share just how simple, nourishing and delicious Japanese food can be. She is also the author of *Sushi at Home*. @yukiskitchen

Shoot director RACHEL BAYLY | Food stylist AMY KINNEAR | Stylist JO HARRIS

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opinion

What does comfort food mean to you?

Whether it evokes memories or acts like a hug in a bowl, food that makes us feel good is a deeply personal experience

words MALLIKA BASU

Whether it's a bowl of silky noodles, ladleful of curry or the crispy crunch of something deep-fried, comfort food is a deeply personal feeling that is shaped by our cultures, memories and the people close to us.

For me, nothing comes close to a mound of steaming hot rice. Sparkling white is preferable, despite wisdom nudging me towards the brown kind. The way it settles in the belly after each morsel with its heavy, familiar and filling way is nourishment of the best kind.

White rice holds deep cultural significance across the world, and it's no surprise it so often anchors our meals in bowls, mounds or spoonfuls. In Kolkata, where I grew up, it's the first solid food to touch a baby's tongue in the form of payesh or rice pudding (known more widely by its Hindi name, kheer). Gently sweetened and creamy, it's love at first bite. It appears at weddings, glossy with ghee during the bachelorette bash, and the morning after when the bride offers ghee bhaat to her in-laws, seeking their blessings. More sombrely, it's the last offering made to the deceased at funerals, sprinkled into the mouth to sustain in the afterlife.

Add lentils to rice and it becomes khichdi, a dish I grew up with that rose to many occasions. Grey skies, illness, heartbreak and more were overcome with a warm bowl of khichdi. Lightly spiced, it is ideally eaten between bites of something crispy like roasted papad, fried sliced potatoes or aubergine.

Of course, everyone has their own favourite. For some, comfort begins even before the first mouthful. The aroma alone is enough to conjure a sense of place. The collective magic of lime leaves, lemongrass, galangal and coconut milk might carry you to a family kitchen far away, where loving hands ladle soup into bowls. Dominique Woolf's tom kha gai (p12)is exactly that – a gently spiced Thai broth full of citrussy warmth, creamy coconut and memories in a diaspora kitchen. With all the herbs and goodness in it, it immediately feels restorative.

The serving matters, too. Bowls cocoon food into a rotund little world (see p24). Add the pair of loving hands that bring it to you, and it immediately elevates the delicious joy it brings. Borderless dishes find their own special place. Yuki Gomi's roast dinner ramen (p18) is all heart. It's a melding of flavours with a no-waste ethos that feels like home, wherever you are.

How the meal is eaten counts. Eating with hands builds a more intimate connection with food. Texture plays its part too. The crispy exterior of salt fish fritters like the ones the Flygerians make (p14), are savoury and deeply satisfying. Crunch brings comfort in many cultures – irresistible.

The soft sweetness of pumpkin in a curry (p16), mashed and swirled into rice, is creamy and wholesome at once, with complexity of flavour and feeling.

And finally, it's about who's around the table. Friends, family, shared laughter or shared grief, all of it matters. Karla Zazueta's bistec ranchero (p10), a special meat stew, immediately reminds her of her father and his favourite order at Leonardo's in San Antonio de las Minas where they make it with eggs and beans. It's filling, comforting and perfect for celebrating. A reminder of happy times with loved ones.

Comfort food isn't just about eating. It's about remembering, reconnecting and finding your way back to yourself, one bite at a time.

Mallika is a food writer and cookbook author. She writes an award-nominated newsletter called In Good Taste on food, people and the planet, and is a qualified expert on sustainability. *@mallikabasu_*

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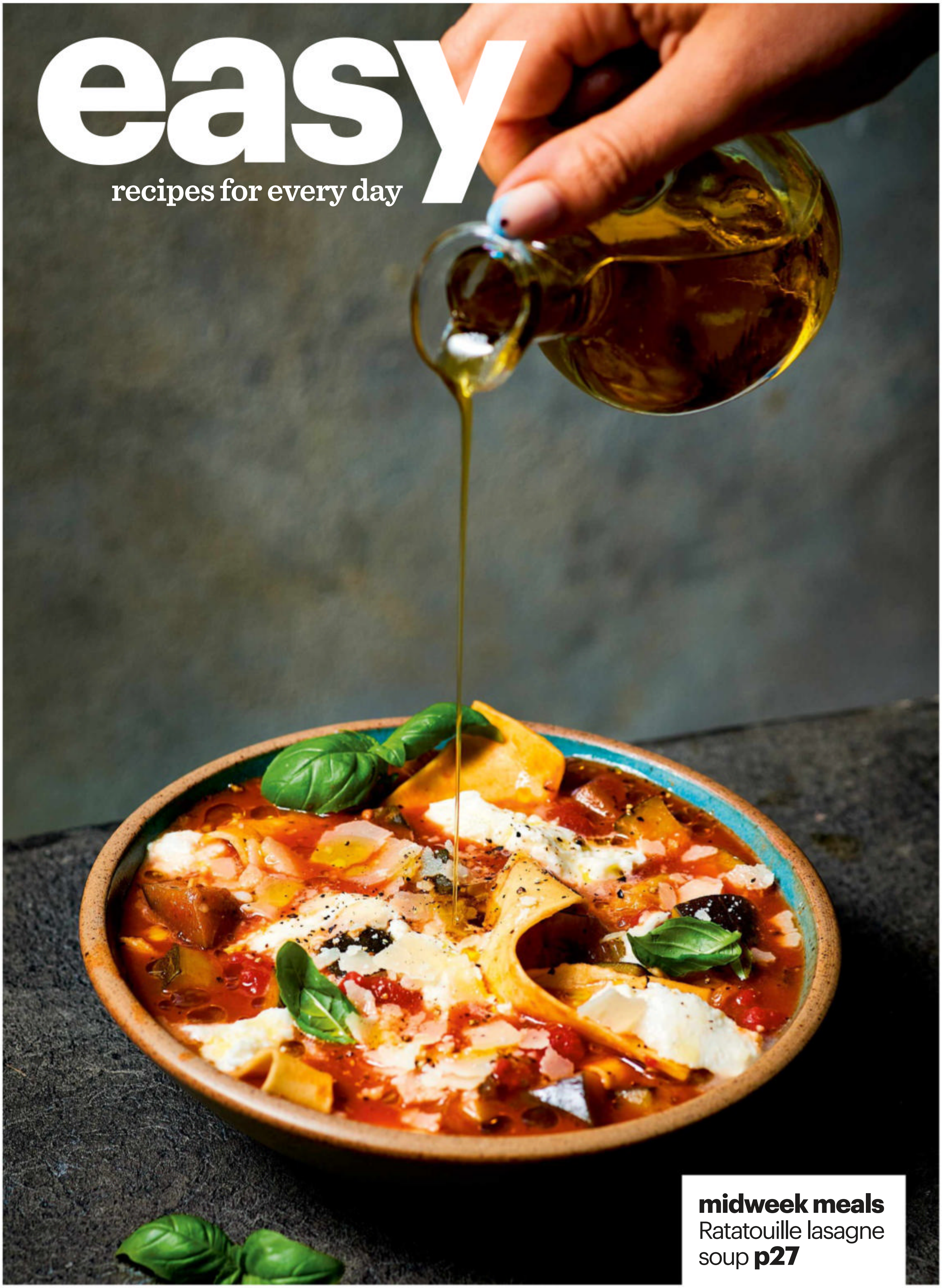


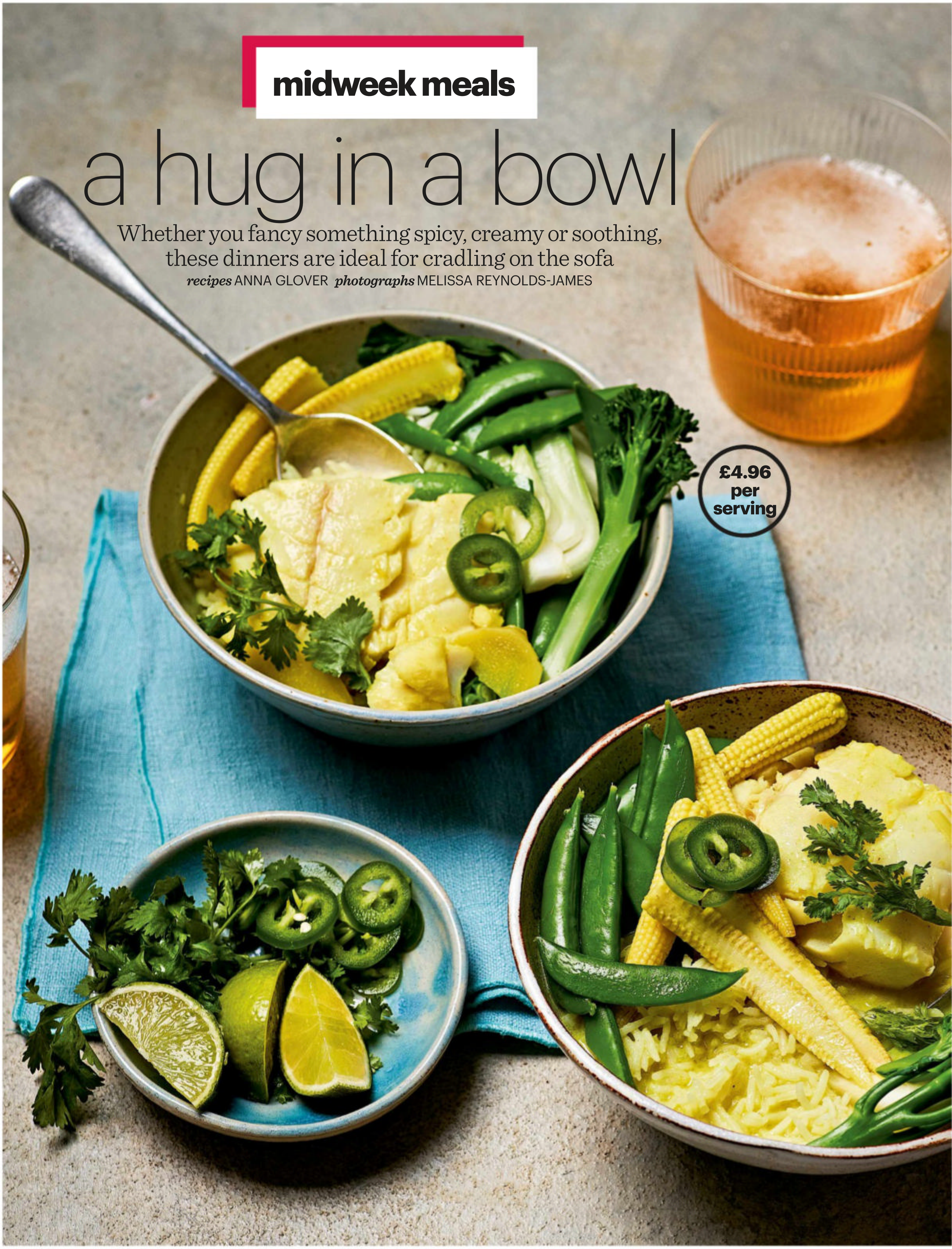
midweek meals
Ratatouille lasagne soup **p27**

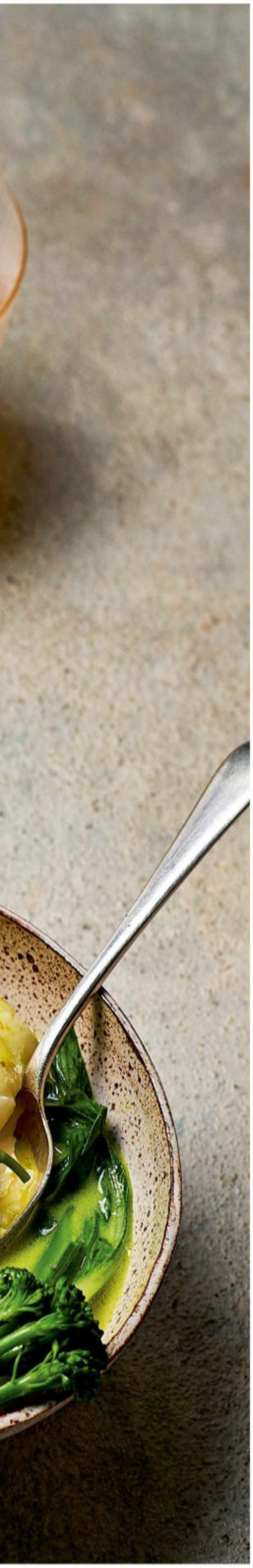
midweek meals

a hug in a bowl

Whether you fancy something spicy, creamy or soothing, these dinners are ideal for cradling on the sofa

recipes ANNA GLOVER *photographs* MELISSA REYNOLDS-JAMES





Poached lemongrass & ginger cod with brothy rice

SERVES 2 **PREP** 15 mins
COOK 15 mins **EASY**

- 2 lemongrass stalks, bashed then roughly chopped
- 50g ginger, finely sliced
- 1-2 green chillies, sliced, plus extra to serve
- 400ml can coconut milk
- ½ tsp ground turmeric
- 150g basmati rice
- 160g sugar snaps and/or pak choi, long-stemmed broccoli or peas
- 160g baby corn, sliced in half lengthways (or use extra seasonal greens)
- 2 x 200g pieces cod or other firm white fish
- 1 lime, zested and juiced, plus wedges to serve
- dash of fish sauce
- small handful of coriander, to serve

1 Put the lemongrass pieces, ginger, chillies, coconut milk, half a can of water and turmeric into a shallow pan with a lid. Bring to a simmer, then turn the heat down to low. Season well.

2 Cook the rice following pack instructions. Use a slotted spoon to remove the lemongrass from the broth and add the veg, then lower in the fish to submerge. Cover with a lid and cook for 6-8 mins until just flaky.

3 Fluff up the rice with a fork. Divide between two bowls, and top with the fish and vegetables. Stir the lime zest, juice and fish sauce into the broth and spoon this over the fish. Serve topped with some coriander, more sliced chillies if you like, and lime wedges on the side to squeeze over.

GOOD TO KNOW fibre • vit c • 2 of 5-a-day • gluten free

PER SERVING 823 kcals • fat 37g • saturates 30g • carbs 70g • sugars 9g • fibre 6g • protein 49g • salt 0.78g

plan your week

We know life is busy, so to make things easier we're sharing this handy cut-out list with everything you need for our midweek meals.

SHOPPING LIST

FRESH PRODUCE

- aubergine
- baby corn
- basil
- butternut squash
- celery
- coriander
- courgettes
- garlic bulbs
- ginger
- green chillies
- kale
- lemon
- limes
- mixed cherry tomatoes
- onions
- red onions
- rosemary
- shallot
- sourdough bread
- sugar snaps (or pak choi, long-stemmed broccoli or peas)
- thyme

MEAT AND FISH

- 4 chicken thigh fillets
- 2 x 200g pieces of cod or other firm white fish

DAIRY AND CHILLED

- 1 ball mozzarella
- natural yogurt
- parmesan (or vegetarian alternative)

STORECUPBOARD

- basmati rice
- bay leaves
- 2 x 400g cans cannellini beans
- 400g can cherry tomatoes or chopped tomatoes
- 400g can chopped tomatoes
- 2 x 400ml cans coconut milk
- 400g can green lentils in water
- couscous
- dried lasagne sheets
- dried oregano
- extra virgin olive oil
- fish sauce
- flaked almonds
- ground turmeric
- 600g jar chickpeas
- large pitted green olives
- lemongrass stalks
- olive oil
- rose harissa
- tamarind paste
- Thai green curry paste
- tomato purée
- vegan stock cube
- vegetable oil
- vegetable stock

Per person costings do not include salt, pepper or oil

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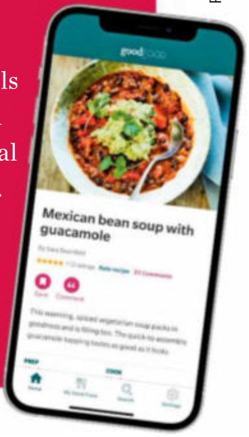

£2.24 per serving

Confit tomatoes with creamy beans

SERVES 2 **PREP** 10 mins
COOK 40 mins **EASY** **V**

- 2 tbsp olive oil
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 2 x 400g cans cannellini beans
- 1 vegan stock cube
- 1 sprig rosemary
- 2 bay leaves
- 2-4 slices sourdough bread

For the confit tomatoes

- 200g mixed cherry tomatoes, stems removed
- 100ml olive oil
- 1 garlic bulb, halved
- few thyme sprigs, plus extra to serve

1 To confit, put the tomatoes in a small pan where they fit snugly. Pour over the olive oil and add the garlic and thyme. They should be about half covered. Season, cover and cook over a low heat for 30-40 mins until the tomatoes are soft but still holding their shape.

2 Heat 2 tbsp olive oil in a saucepan and fry the onion for 10 mins. Fry the garlic for 2 mins, then tip in the beans with their liquid, stock and herbs. Half fill the cans with water and add this, too. Simmer uncovered for 20-30 mins until thickened, stirring frequently. Season well.

3 Spoon some of the tomato oil into a frying pan (keep the leftover oil for salad dressings or use to marinate antipasti, or finish dishes), and fry the sourdough for 2 mins on each side until golden and crisp. Serve the tomatoes over the beans, drizzle over a little more of the tomato oil. Add some of the thyme and serve with the fried bread.

GOOD TO KNOW vegan • folate • fibre • vit c • 3 of 5-a-day

PER SERVING 860 kcals • fat 40g • saturates 6g • carbs 85g • sugars 14g • fibre 21g • protein 30g • salt 3.75g

Ratatouille lasagne soup

SERVES 4 **PREP** 20 mins
COOK 50 mins **EASY** **V**

2 tbsp olive oil, plus a drizzle to serve
1 large onion, finely chopped
1 celery stick, finely chopped
2 courgettes, diced
1 aubergine, diced
2 garlic cloves, crushed
1 tbsp tomato purée
2 bay leaves
handful of basil, shredded, plus more leaves to serve
1 tsp dried oregano
400g can chopped tomatoes
1 litre hot vegetable stock
125g dried lasagne sheets, broken into shards
1 ball mozzarella, drained and torn into small pieces
grating of parmesan or vegetarian alternative, to serve

1 Heat the oil in a large saucepan over a medium-high heat. Fry the onion and celery with a pinch of salt for 10 mins until soft. Add the courgettes and aubergine, and cook for another 10 mins until translucent. Stir in the garlic, fry for 1 min, then stir in the tomato purée to cover the veg and cook for 2 mins.

2 Add the herbs, tomatoes and stock, and simmer, uncovered, for 15-20 mins until the tomatoes have broken down – it should still be quite thin. Add the lasagne pieces, one by one, and stir well, so they don't stick together. Simmer for 5-8 mins until the pasta is al dente. Top up with a little water if it starts to get too thick. Taste for seasoning.

3 Ladle into bowls, top with the torn mozzarella, basil leaves and parmesan. Season with black pepper and add a drizzle more oil to serve.

GOOD TO KNOW calcium • fibre • vit c • 4 of 5-a-day
PER SERVING 420 kcals • fat 20g • saturates 10g • carbs 36g • sugars 12g • fibre 8g • protein 20g • salt 1.28g

Shoot director FREDDIE STEWART | Food stylist HANNAH WILKINSON | Stylist JESSICA MCINTOSH

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Tamarind squash with chickpeas & kale

SERVES 2 **PREP** 10 mins
COOK 40 mins **EASY** **V**

- ½ butternut squash, peeled, deseeded and diced into 2cm pieces
- 2 tbsp tamarind paste
- 2 tbsp vegetable oil
- 1 green chilli, chopped
- 1 shallot, sliced
- 2 garlic cloves, sliced
- thumb-sized piece of ginger, grated or finely chopped
- 3 tbsp Thai green curry paste
- 400g can low-fat coconut milk
- 600g jar chickpeas
- few handfuls of kale
- 1 lime, juiced

1 Heat the oven to 220C/200C fan/gas 7. Toss the squash pieces on a tray with the tamarind and 1 tbsp oil. Season. Roast for 25-30 mins until tender.

2 Meanwhile, heat another 1 tbsp oil in a saucepan. Fry the chilli, shallot, garlic and ginger for 5 mins until fragrant. Add the curry paste and fry for a few more minutes. Add the coconut milk, half a can of water and the chickpeas with their liquid. Simmer for 20 mins uncovered.

3 Stir the kale and lime juice into the broth. Simmer for 5 mins until tender, season well, then stir in the cooked squash. Season to taste and add more lime juice if you like.

GOOD TO KNOW vegan • calcium • fibre • vit c • iron • 3 of 5-a-day • gluten free

PER SERVING 713 kcals • fat 38g • saturates 14g • carbs 60g • sugars 19g • fibre 19g • protein 22g • salt 1.17g

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Pulled chicken harissa bowl

SERVES 4 **PREP** 15 mins
COOK 50 mins **EASY** ❄

- 2 tsp olive oil
- 4 chicken thigh fillets
- 1 large red onion, finely chopped
- 2 garlic cloves, sliced
- 2 tbsp rose harissa
- 400g can cherry tomatoes or chopped tomatoes
- 400g can green lentils in water (see tip)

For the herby couscous

- 200g couscous
- large handful of soft herbs, such as coriander, parsley, mint and chives (use whatever you have)
- ½ lemon, juiced
- 2 tsp extra virgin olive oil

To serve

- 40g large pitted green olives
- 4 tbsp natural yogurt
- 2 tbsp flaked almonds

1 Heat the oil in a deep frying pan with a lid over a medium heat. Fry the chicken for 2-3 mins on each side until golden. Remove from the pan. Add most of the onion with a pinch of salt. Fry for 10 mins until soft, then stir in the garlic and harissa. Fry for 2 mins until fragrant. Tip in the tomatoes, half-fill the can with water, swill a few times, then add to the pan. Stir in the lentils with their water. Bring to a simmer, nestle the chicken back into the pan, lower the heat to low-medium, add the lid so it's half covered, and simmer for 35-40 mins until the chicken is tender. Shred the meat into the sauce with two forks. Simmer uncovered for a few minutes to thicken the sauce if you need to. Season to taste.

2 Pour boiling water over the couscous until just covered, then top with a plate and leave to steam for 6-8 mins until tender. Fluff it up with a fork, then stir in most of the herbs, lemon juice and olive oil along with some seasoning.

3 Bash the olives with the side of your knife to crush them roughly. Stir in the remaining olive oil, lemon juice and herbs. Spoon the couscous into bowls. Spoon over the harissa chicken. Pile on the smashed olives, remaining red onion, the yogurt and almonds.

GOOD TO KNOW healthy • fibre • 2 of 5-a-day
PER SERVING 519 kcals • fat 13g • saturates 3g • carbs 59g • sugars 9g • fibre 8g • protein 37g • salt 0.25g

gf tip
Use a can of beans, chickpeas or lentils – any canned pulse will work well.

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monday mash-up

new two-in-one pasta classic

Can't choose between Sicilian alla norma and spicy arrabbiata from Rome? Put them together for a dish everyone will love

recipe BARNEY DESMAZERY *photograph* CHELSEA BLOXSOME

Aubergine pasta arrabbiata

Salting the aubergine in this recipe isn't essential, but it means you can use less oil and it seasons the dish throughout.

SERVES 4 **PREP** 30 mins plus 20 mins draining **COOK** 30 mins
EASY **V**

- 2 aubergines, cut into 1cm chunks
- 4 tbsp olive oil
- 2 garlic cloves, thinly sliced
- 1 red chilli, deseeded and finely chopped (or ½ tsp chilli flakes)
- 2 x 400g cans chopped tomatoes
- 1 tsp red wine vinegar
- pinch of caster sugar
- small bunch of basil, leaves picked, stalks tied together
- 400g pasta (rigatoni or penne work well)
- parmesan or Italian-style vegetarian hard cheese to serve (optional)

1 Scatter the aubergine with a big pinch of salt and toss well in a bowl. Tip into a colander set over the bowl and leave for 20 mins to draw out excess moisture. Weigh down with a plate and a couple of cans, if you like. Once softened, pat dry with a sheet of kitchen paper.

2 Heat most of the oil in a large frying pan over a medium heat. Fry the aubergine for 10-12 mins, stirring now and then, until golden brown and soft. Stir in the garlic and chilli, and cook for 2 mins more until fragrant. Tip in the tomatoes, then swill out the can with a splash of water and pour that in too. Stir in the vinegar, sugar and tied basil stalks, then season well. Simmer for 15 mins, stirring occasionally, until thick and saucy.

3 Meanwhile, cook the pasta in salted water following pack instructions until al dente. Reserve a cup of the cooking water, then drain. Stir the drained pasta through the aubergine sauce, then cook over a low heat for a minute or two. Add another splash of cooking water to loosen the sauce if needed. Scoop out the basil stalks using a slotted spoon and stir through the basil leaves along with the rest of the olive oil. Serve with grated parmesan, if you like.

GOOD TO KNOW healthy • fibre • vit c • 2 of 5-a-day
PER SERVING 537 kcals • fat 13g • saturates 2g • carbs 83g • sugars 12g • fibre 10g • protein 16g • salt 0.29g

Shoot director LAURIE NEWMAN | Food stylist AMY KINNEAR | Stylist HANNAH WILKINSON

COOK SMART

Stop the rot *at Halloween*

Don't buy costly treats — use up fruit and veg that might otherwise go to waste in recipes that'll make the kids drool

recipes JULIET SEAR ***photographs*** CHELSEA BLOXSOME

Tombstone banana bread

It's no secret that banana bread is a great way to use up overripe fruit, but it can also be transformed into a seasonal centrepiece with a few clever decorations.

CUTS INTO 12 slices **PREP** 20 mins plus cooling and setting **COOK** 1 hr
EASY **V**

- 200g unsalted butter, softened, plus extra for the tin
- 160g light brown soft sugar
- 1 tsp vanilla extract
- 4 medium eggs
- 1 tsp baking powder
- 2 tsp ground cinnamon
- 1 tsp ground ginger
- 275g self-raising flour
- 3-4 large overripe bananas, peeled and mashed (about 225-250g prepared weight)

For the topping

- 125g dark chocolate
- 6 plain rectangular biscuits, broken in half (we used malted milk)
- 100g butter, softened
- 175g icing sugar
- 2 tbsp milk
- 1 tsp vanilla extract
- 1 tsp cocoa powder
- jelly worms or Halloween sweets and sprinkles, to decorate

1 Heat the oven to 180C/160C fan/gas 4. Butter a 900g loaf tin and line the base and sides with baking parchment. Beat the butter, brown sugar and vanilla together for 2-3 mins until light and fluffy. Add the eggs, one at a time, beating after each addition to incorporate.

2 Combine the baking powder, cinnamon, ginger, flour and ¼ tsp fine sea salt in a bowl. Fold the dry ingredients into the wet, then add the mashed banana. Scrape into the tin and bake for 45 mins-1 hr until dark golden and a skewer inserted into the middle comes out clean. If it browns too quickly, turn the oven down to 160C/140C fan/gas 3 towards the end of the bake time. Leave to cool in the tin for 10 mins, then put on a wire rack to cool fully. *Best made a day in advance. Store in an airtight container.*

3 When ready to decorate, melt the chocolate in a heatproof bowl in short bursts in the microwave, or over a pan of simmering water ensuring sure the bowl isn't touching the water. Cool until thickened slightly, about 5-10 mins.

4 Spoon a little melted chocolate into a piping bag, snip off the end and pipe spooky phrases over 6 of the biscuit halves. Leave to set.

5 Beat the butter and icing sugar together until creamy. Beat in the rest of the cooled chocolate, then add the milk and vanilla until you have a soft, spreadable buttercream.

6 Crush the remaining biscuit halves using the end of a rolling pin, then stir in the cocoa to make 'dirt'. Spread the buttercream over the loaf, sprinkle over the 'dirt' and top with the biscuit 'gravestones' and sweets. *Will keep in an airtight container for up to three days.*

PER SERVING 507 kcals • fat 28g • saturates 17g • carbs 56g • sugars 34g • fibre 3g • protein 6g • salt 0.67g

Shoot director LAURIE NEWMAN | Food stylist AMY KINNEAR | Stylist HANNAH WILKINSON

RIP
Boo
Boo!
RIP
Boo

PLANET FRIENDLIER

UNEARTH NATURAL TREATS

Make the most of seasonal produce for a more cost-effective Halloween this year that's also kinder to the planet. Use that leftover pumpkin (see our ideas overleaf and on p68) as well as any leftover biscuits and sweets the way we've done here to decorate a cake. Encourage the kids to be less fearful of those greens wilting in the back of the fridge, too, by cooking up a cauldron of soup (p37). Adding those scary finishing touches is half the fun!

Pumpkin spice sandwich cookies

If you have some leftover pumpkin purée (or even a partially used can), these soft, cake-like cookies are the best way to use it.

MAKES 20-24 cookies **PREP** 15 mins plus at least 2 hrs chilling **COOK** 15 mins **EASY** V ❄ dough only

- 100g homemade or canned pumpkin purée
- 250g self-raising flour
- 175g unsalted butter, softened
- 175g light brown soft sugar
- 1 medium egg
- 2 tsp vanilla extract
- 50g caster sugar

For the pumpkin spice mix

- 1 tbsp ground cinnamon
- 1 tsp ground ginger
- ½ tsp ground nutmeg
- ½ tsp ground allspice
- 1/4 tsp ground cloves

For the filling

- 60g unsalted butter, at room temperature
- 40g full-fat soft cheese, at room temperature
- 120g icing sugar

1 Combine the ingredients for the pumpkin spice mix in a large bowl. Tip the pumpkin purée onto a sheet of kitchen paper or muslin cloth and spread out slightly. Put another towel on top and set aside to soak up the excess moisture.

2 Tip 1 tbsp of the spice mix into the flour along with 1/2 tsp fine salt and combine. Beat the butter and brown sugar together in another bowl using an electric whisk for 2-3 mins until light and fluffy. Mix in the egg. Beat in the pumpkin purée and vanilla, then fold in the flour mix until just combined into a soft dough. Chill for 1-2 hrs to firm up slightly.

3 Line a large baking tray with baking parchment. Roll about 30g of the dough into a ball using damp hands, then flatten slightly into a disc. Put on the tray, then repeat with the rest of the dough (you should get 10-12). Chill for at least 1 hr, or freeze overnight.

4 Heat the oven to 200C/180C fan/gas 6. Line two or three large baking trays with baking parchment. Mix the caster sugar with most of the remaining spice mix, reserving 1/2 tsp. Flatten the dough discs a little more between your palms, then push both sides and the edge into the spiced sugar mix to coat. Transfer to the trays, spacing them well apart. Bake for 12-14 mins, flipping the trays around halfway through, until the middles are puffy and the edges just golden. Cool on the trays for 10 mins, then put on a wire rack to cool fully. *Will keep in an airtight container for three days.*

5 For the filling, beat the butter and soft cheese until smooth. Beat in the icing sugar and the rest of the spice mix until pale and fluffy. Spread the filling over the flat sides of half the cookies, then sandwich with the other cookies. *Will keep chilled in an airtight container for a few days.*

PER SERVING (24) 178 kcals • fat 9g • saturates 6g • carbs 22g • sugars 14g • fibre 1g • protein 1g • salt 0.22g

Halloween soup with spooky garlic croutons

Make the most of any broccoli lurking at the back of the fridge.

SERVES 4 as a main **PREP** 10 mins
COOK 30 mins **EASY** V

- 2 tbsp olive oil
- 1 medium onion, finely chopped
- 2 garlic cloves, crushed
- 1 litre vegetable stock
- 1 broccoli (about 350g), florets roughly chopped, stalk finely chopped
- 150g frozen peas
- 150g baby spinach
- large handful of parsley, finely chopped
- 1 lemon, juiced
- double cream, for drizzling

For the spooky croutons

- 175g stale bread
- 1 tbsp olive oil
- 1 garlic clove, halved

1 Heat the olive oil in a large, deep saucepan over a medium heat and fry the onion for 7-8 mins until soft and translucent, but not coloured. Add the garlic and fry for 1 min. Add the stock, broccoli florets and stalks, and bring to a simmer. Cook until the broccoli is tender, about 8-10 mins.

2 Meanwhile, for the croutons, heat the oven to 200C/180C fan/gas 6 or air fryer to 180C. Stamp out Halloween shapes from the bread using biscuit cutters or scissors. Brush the oil over both sides. Bake or air-fry for 6-8 mins until crisp and just golden. Rub with the cut sides of the garlic clove. Set aside.

3 Add the frozen peas to the soup and cook for 2-3 mins more, then remove from the heat. Stir in 100g of the spinach and the parsley to wilt. Season, then cool slightly.

4 Tip the soup mixture into a food processor or blender (or use a hand blender) along with the remaining spinach, and blitz until smooth. Season to taste with salt, pepper and the lemon juice. *Will keep chilled for three days. When ready to serve, reheat on the hob until piping hot.* Drizzle over a little cream in a spiral, then drag a skewer through the cream to create a spiderweb effect. Scatter over the croutons to serve.

GOOD TO KNOW low fat • low cal • folate • fibre • vit c • 2 of 5-a-day

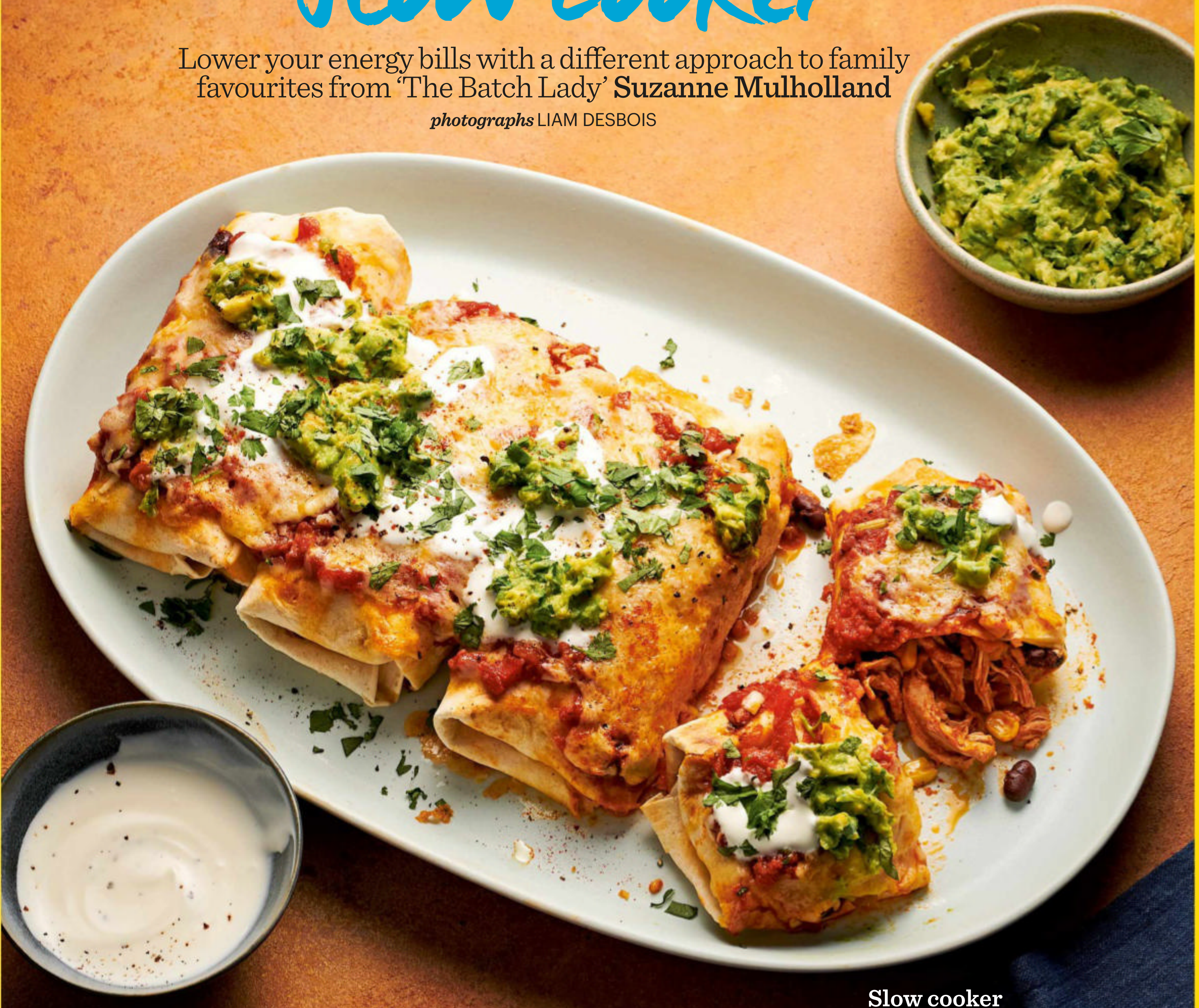
PER SERVING 272 kcals • fat 8g • saturates 1g • carbs 34g • sugars 10g • fibre 8g • protein 12g • salt 1.33g

COOK SMART

Reinvent the classics in your *slow cooker*

Lower your energy bills with a different approach to family favourites from 'The Batch Lady' **Suzanne Mulholland**

photographs LIAM DESBOIS



Slow cooker enchiladas, p40

Suzanne applied her expertise as a time management trainer in the kitchen to create The Batch Lady. Her make-ahead meals take just an hour to prepare, then dinner is ready and waiting for another day. She is the author of three cookbooks and teaches courses on batch-cooking. *@thebatchlady*

Slow cooker moussaka, p40

Slow cooker enchiladas

If you're looking for the perfect Friday night fakeaway, I've got you covered with my slow cooker enchiladas, which you can prep for the freezer. Simple, delicious and easy. I like to use frozen veg as a quick hack. All the work has been done for you – just grab what you need out of the freezer and put the rest back.

SERVES 4 **PREP** 20 mins
COOK 6-9 hrs **EASY** ❄

- 8 chicken thighs, skinless and boneless
- 150g frozen diced onions
- 3 tsp frozen chopped garlic
- 260g frozen sliced peppers
- 200g can sweetcorn, drained
- 2 tbsp smoked paprika
- 2 tsp chipotle paste
- 2 tsp ground cumin
- 250ml passata
- 400g can black beans, drained
- 200g salsa

To assemble

- 8 tortilla wraps
- 200g cheddar, grated

To serve

- soured cream, guacamole and salad

1 Put the chicken, onions, garlic, peppers, sweetcorn, paprika, chipotle paste, cumin, passata and beans in the slow cooker and mix well. Put the lid on and cook for 3 hrs on high or 6 hrs on low.

2 Once cooked, use two forks to shred the chicken and mix into the sauce. Season to taste and leave to cool slightly before assembling.

3 To assemble the enchiladas, lay the tortillas on a clean board. Using a slotted spoon, leaving as much liquid behind as possible, spoon the mixture between the tortillas and wrap them up like burritos. *Will keep chilled for three days or frozen for up to three months (see tip).*

4 Combine the leftover slow cooker sauce with the salsa, mixing well.

5 Lay the wrapped enchiladas in the slow cooker, spoon over the enchilada sauce and scatter over the cheese. Put the lid on and cook for 3 hrs on high or 6 hrs on low. Alternatively, heat the oven to 200C/180C fan/gas 6 and arrange the enchiladas in a large baking dish. Spoon over the enchilada sauce and scatter over the cheese. Cook for 15 mins until golden and bubbling. Serve with soured cream, guacamole and salad.

GOOD TO KNOW calcium • fibre • vit c • iron • 4 of 5-a-day

PER SERVING 794 kcals • fat 33g • saturates 15g • carbs 66g • sugars 11g • fibre 13g • protein 51g • salt 2.45g

freezing tip

Wrap the enchiladas individually in foil then tip into a large, labelled freezer bag. Pour the enchilada sauce into a small bag and the cheese into another separate small bag, then slot the sauce and cheese inside the large bag with the enchiladas. If frozen, leave to fully defrost before cooking as directed in step 5.

Slow cooker moussaka

This delicious moussaka works so well in the slow cooker. It's layered up with spiced lamb mince, aubergine and a delicious creamy béchamel to finish. All of the elements can be prepped in advance and put together in the slow cooker when needed. The perfect dish to serve this autumn.

SERVES 4 **PREP** 10 mins
COOK 6 hrs 40 mins **EASY** ❄

- 2 aubergines, sliced into 1cm rounds
- 4 tbsp olive oil, plus extra for brushing
- 500g lamb mince
- 150g frozen diced onions
- 3 garlic cloves, crushed
- 2 x 400g cans chopped tomatoes
- 120ml lamb stock, made with 1 lamb stock cube
- 3 tbsp tomato purée
- 1 tsp dried oregano
- 1 tsp ground cinnamon
- 50g butter
- 50g plain flour
- 500ml milk
- ¼ tsp ground nutmeg
- 70g parmesan, grated
- 1 egg yolk
- 50g breadcrumbs
- chopped parsley, to serve (optional)

1 Heat the oven to 220C/200C fan/gas 7. Arrange the aubergine rounds on a large baking tray, season and drizzle 2 tbsp of the olive oil over. Roast in the oven for 15-20 mins or until lightly browned.

2 Meanwhile, heat the remaining 2 tbsp olive oil in a large pan over a medium-high heat. Add the lamb mince and brown all over for 6-7 mins, before adding the diced onions and garlic, then cook for 5 mins. Transfer to the slow cooker, then add the chopped tomatoes, lamb stock, tomato purée, oregano and cinnamon, and season well. Cook on low for 6 hrs.

3 When the ragu has 20 mins left, make the béchamel. Melt the butter in a medium-sized saucepan over a medium heat, add the flour and cook for 1-2 mins. Slowly whisk in the milk, a little at a time, until you have a lump-free sauce. Bring to a simmer and cook for 4-5 mins until thickened. Remove from the heat, stir through the nutmeg, parmesan and the egg yolk, and season. *Will keep frozen for up to three months (see tip).*

4 Heat the grill on high. Lightly brush a medium baking dish with oil. Layer in half the aubergine slices. Add the ragu then top with the remaining aubergine slices. Pour over the béchamel sauce, sprinkle over the breadcrumbs and grill for 5-10 mins until browned on top. Sprinkle over a little chopped parsley, if you like.

GOOD TO KNOW calcium • fibre • vit c • iron • 3 of 5-a-day

PER SERVING 808 kcals • fat 51g • saturates 23g • carbs 38g • sugars 18g • fibre 7g • protein 44g • salt 1.06g

freezing tip

Defrost overnight in the fridge, then bake at 200C/180C fan/gas 4 for 45-50 mins until piping hot throughout and golden brown.

Shoot director JORDAN EDMONDS-MOORE | Food stylist TROY WILLIS | Stylist HANNAH WILKINSON

Sweet & sour chicken

Here's a Chinese-inspired classic that's always a crowd-pleaser (this recipe serves 12, but you can freeze half for another day). It's a simple grab-and-cook recipe, so you can prepare everything raw in advance for the fridge or freezer, ready to pour into the slow cooker. When you come home from work, a delicious meal is ready and waiting.

SERVES 12 **PREP** 15 mins
COOK 3-6 hrs **EASY** ❄

4 chicken breasts, cut into bitesize chunks
150g frozen diced onions
3 tsp frozen chopped garlic
3 tsp frozen chopped ginger
1 red pepper, cut into bitesize chunks
1 green pepper, cut into bitesize chunks
100g baby corn, cut in half lengthways
4 tbsp light soy sauce
4 tbsp ketchup
4 tbsp white wine vinegar
2 tbsp runny honey
398g can pineapple chunks, with juice
3 tbsp cornflour
steamed rice and prawn crackers, to serve

1 Put all of the ingredients, including the juice of the pineapple, in a large mixing bowl and mix well. *Will keep chilled for three days or frozen for up to three months (see tip).*
2 Tip into the slow cooker, put the lid on and cook for 3 hrs on low or 6 hrs on high until the chicken is tender. Serve with steamed rice and prawn crackers.

GOOD TO KNOW low fat • vit c • 2 of 5-a-day
PER SERVING 403 kcals • fat 7g • saturates 2g • carbs 43g • sugars 39g • fibre 4g • protein 40g • salt 2.58g

freezing tips

Pour the ingredients from the bowl into a large labelled freezer bag and freeze flat. If frozen, defrost overnight in the fridge, then pour into the slow cooker, put the lid on and cook as directed in step 2.

Receive a Cooks Professional slow cooker with a year's subscription to Good Food. See p44 for details.

storecupboard heroes

Make more of...
canned beans

Protein-packed and budget-friendly, it's time to make this humble ingredient the star of the show

recipes AILSA BURT
photographs CHELSEA BLOXSOME

COOK SMART

Shoot director LAURIE NEWMAN | Food stylist AMY KINNEAR | Stylist HANNAH WILKINSON

All about beans

The UK consumes over 2 million cans of baked beans daily

Canned beans keep for up to 5 years when stored in a cool, dry place

According to recent studies, beans can lift your mood

Discover how beans can benefit your body *and* mind on page 56

Taco soup

Serve all the toppings on the side so people can help themselves.

SERVES 4-6 **PREP** 10 mins
COOK 1 hr **EASY**

3 tbsp olive oil
400g beef mince
3½ tsp ground cumin
3 tsp garlic granules
3 tsp onion granules
2 tsp chilli powder, mild or hot to taste
2 tsp paprika
2 tsp dried oregano
1 onion, finely chopped
2 garlic cloves, finely chopped
small handful of coriander, leaves picked and stems finely chopped
1 tbsp tomato purée
6 pickled jalapeños, roughly chopped
800ml beef stock
400g can chopped tomatoes
400g can each of black beans and mixed beans, drained and rinsed
198g can sweetcorn, drained
2 tbsp polenta or cornmeal

For the toppings
tortilla chips, soured cream, chopped avocado, finely chopped red onion, grated cheddar

1 Put 2 tbsp of the oil in a large, deep saucepan over a medium-high heat. Add the beef, all the spices and oregano. Cook, breaking up with a wooden spoon, for 5-7 mins until browned. Remove to a bowl and set aside. Reduce the heat to medium, pour in the remaining oil and stir in the onion. Cook for 6-8 mins until softening, then mix in the garlic, coriander stems and tomato purée. Cook for 3-4 mins until the garlic is fragrant and the tomato purée has darkened.

2 Return the beef to the pan along with the jalapeños, beef stock, tomatoes, beans, sweetcorn and polenta. Stir well and bring to a gentle simmer. Cook for 25-30 mins until reduced slightly. Season and serve with the coriander leaves and other toppings.

GOOD TO KNOW fibre • 2 of 5-a-day
PER SERVING (6) 389 kcals • fat 19g • saturates 6g • carbs 25g • sugars 7g • fibre 10g • protein 24g • salt 1.1g

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BONUS RECIPE

Za'atar chicken schnitzel with romesco sauce

Breaded chicken is a staple for many families, but the use of za'atar for the breadcrumb coating and romesco sauce in this dish really takes it to the next level.
Ailsa Burt, food editor

SERVES 4 **PREP** 25 mins **COOK** 30 mins **EASY**

- 4 chicken breasts
- 2 tbsp za'atar
- 100g panko or coarse breadcrumbs
- 1 lemon, zested, cut into wedges
- 50g plain flour
- 2 eggs, beaten
- 500ml vegetable oil, for frying
- handful of dill, finely chopped
- cooked new potatoes, to serve

For the romesco sauce

- 100g almonds, roughly chopped
- 3 large roasted red peppers
- 1 small garlic clove
- 1 tbsp sherry vinegar
- 1 tsp sweet smoked paprika
- 30ml olive oil

1 Sandwich the chicken breasts between two pieces of baking parchment and lightly bash with a rolling pin until very thin.
2 Combine the za'atar, breadcrumbs and lemon zest in a shallow bowl. Put the flour and eggs in two shallow bowls. Coat each chicken breast first in the flour, then the egg, then the breadcrumbs. Transfer to a wire rack and set aside in the fridge.
3 To make the sauce, tip the ingredients into a food processor and pulse until roughly chopped. Season and add a splash more vinegar, if needed. Set aside in the fridge.
4 Pour the veg oil into a wide, high-sided pan over a medium heat ensuring it is no more than a third full. Test it is hot enough by sprinkling in a few breadcrumbs – they should sizzle. Carefully lower in the chicken and cook, in batches, for 4-5 mins each side, until golden. Drain on kitchen paper and keep warm in a low oven. Scatter over the dill and serve with the sauce, lemon wedges and new potatoes.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 649 kcals • fat 37g • saturates 4g • carbs 32g • sugars 4g • fibre 4g • protein 44g • salt 1.4g

Recipe taken from the October 2024 subscriber edition of Good Food

Sunday prep = *weeknight wins*

Spend an hour at the weekend making a few dishes to use for quick but flavour-packed midweek meals

recipes AILSA BURT ***photographs*** LIAM DESBOIS

How it works

STEP 1 Prep Set aside an hour at the weekend to prepare the short recipes here.

STEP 2 Create With a few simple additions, what you've prepared in advance will stretch into three different, time-saving dinners packed with maximum flavour (turn the page for the recipes).

Roasted spiced cauliflower

Heat the oven to 200C/180C fan/gas 6. Remove the leaves from **1 large cauliflower** and cut into bite-sized florets. Trim any woody bits from the stalk, then cut into bite-sized pieces. Combine **3 tbsp olive oil**, **1 tsp paprika**, **1 tsp nigella seeds**, **1 tsp garlic granules** and 1 tsp fine sea salt in a large bowl, then season well with black pepper. Add the cauliflower florets and stalk pieces to the bowl, and toss well to coat. Tip onto a roasting tray and roast for 25 mins, turning halfway through, until crisp, caramelised and tender. Leave to cool completely, then transfer to an airtight container. *Will keep chilled for up to five days.*

Red onion gravy

Heat **2 tbsp olive oil** and **20g butter** in a wide saucepan over a medium heat and add **2 finely sliced red onions, 2 large thyme sprigs, 2 bay leaves, 1 tsp caster sugar** and a pinch of salt. Stir to coat. Pour in just enough boiling water to cover, and bring to the boil. Simmer for 10-15 mins until the water has completely evaporated. Continue to cook for 10-15 mins until the onions start to caramelise and become sticky. Stir in **1 tbsp plain flour** and cook for 2 mins before splashing in **1 tbsp balsamic vinegar** and **200ml red wine**. Bubble and reduce until the alcohol has evaporated, then pour in **500ml vegetable stock**. Bring to the boil and cook for 8-10 mins until thickened and slightly reduced. Season to taste, then remove from the heat and cool completely. Transfer to an airtight container. *Will keep chilled for up to four days or frozen for up to three months.*

Salsa verde

Combine **10g mint**, leaves picked and roughly chopped, **25g roughly chopped parsley**, **25g roughly chopped basil**, **2 tbsp drained capers**, **2 tbsp red wine vinegar**, **1 roughly chopped garlic clove**, **1 tsp Dijon mustard** and **150ml olive oil** in a food processor. Blitz until finely chopped. Season, then transfer to an airtight container. *Will keep chilled for up to four days, or spoon into an ice cube tray and freeze for up to three months.*

Creamy beans

Heat **2 tbsp olive oil** and **20g butter** in a large, deep frying pan over a medium heat and cook **3 finely sliced leeks** with a large pinch of salt for 8-10 mins until softened. Stir in **4 sliced garlic cloves** and cook for 1-2 mins more until fragrant. Pour in **150ml white wine** and bubble until almost reduced. Tip in **3 x 400g cans cannellini beans**, drained and rinsed, along with **350ml vegetable stock**. Cook for 15-20 mins, stirring often until the beans are very tender and becoming creamy. Roughly mash at least half the beans against the side of the pan using the back of a wooden spoon or a potato masher to thicken the mixture. Remove from the heat and stir in **40g finely grated parmesan or vegetarian alternative**. Season with salt, pepper and the **zest and juice of ½ lemon**. Cool completely, then transfer to an airtight container. *Will keep chilled for up to four days.*

Meal one

Chickpea & spinach gratin with salsa verde

SERVES 4 **PREP** 5 mins
COOK 15 mins **EASY** **V**

400g frozen spinach, defrosted
600g creamy beans (p47)
700g jar chickpeas, drained and rinsed
5 tbsp crème fraîche
50g parmesan or vegetarian alternative, finely grated
60g salsa verde (p47)

1 Heat the oven to 220C/200C fan/gas 7. Put the frozen spinach in a sieve set over a heatproof bowl, and pour over boiling water to loosen. Reserve the water.
2 Combine the spinach, beans, chickpeas and crème fraîche in a flameproof casserole dish. Mix in a little of the boiling water from the bowl, 1 tbsp at a time, until the mixture is creamy.
3 Set the dish over medium heat and bring to a simmer. Remove from the heat and scatter in the parmesan. Bake for 10 mins until golden and bubbling, then drizzle over the salsa verde to serve.

GOOD TO KNOW calcium • fibre • iron • 3 of 5-a-day
PER SERVING 532 kcals • fat 29g • saturates 11g • carbs 33g • sugars 4g • fibre 16g • protein 24g • salt 0.87g

Meal two

Roasted cauliflower cheese toad-in-the-hole with red onion gravy

SERVES 4 **PREP** 10 mins plus resting
COOK 25 mins **EASY** **V**

2 tbsp vegetable oil
140g plain flour
3 tsp English mustard
4 eggs
200ml whole milk
500g roasted spiced cauliflower (this is all of the cauliflower, p46)
350g creamy beans (p47)
100g mature cheddar, grated
500ml red onion gravy (this is all of the gravy, p47)

1 Heat the oven to 220C/200C fan/gas 7. Pour the oil into a 20 x 30cm roasting tin, enamel baking dish or shallow cast-iron pan. Put in the oven to heat up for at least 10 mins.

2 Tip the flour into a bowl. Beat the mustard and eggs together in a jug. Pour the egg mixture into the flour, whisking until smooth. Whisk in the milk, a little at a time, until all of it has been incorporated and the batter is lump-free. Season and set aside to rest for 20 mins.

3 Meanwhile, combine the roasted cauliflower and creamy beans in a bowl. Once the oil in the tin or dish is hot, carefully spoon the cauliflower mixture into it and sprinkle over most of the cheese. Pour over the batter and cook in the oven for 25 mins until golden and puffed up. (Do not open the oven door until the time is up, as this can cause it to deflate.) Sprinkle over the remaining cheese and bake for 5 mins more until golden.

4 Meanwhile, reheat the gravy in a pan over a medium heat. Serve wedges of the toad-in-the-hole with the gravy poured over.

GOOD TO KNOW calcium • folate • fibre • vit c • 2 of 5-a-day

PER SERVING 716 kcals • fat 40g • saturates 13g • carbs 50g • sugars 12g • fibre 9g • protein 27g • salt 2.92g

Meal three
Creamy bean & kale pasta

SERVES 4 **PREP** 5 mins
COOK 10 mins **EASY** **V**

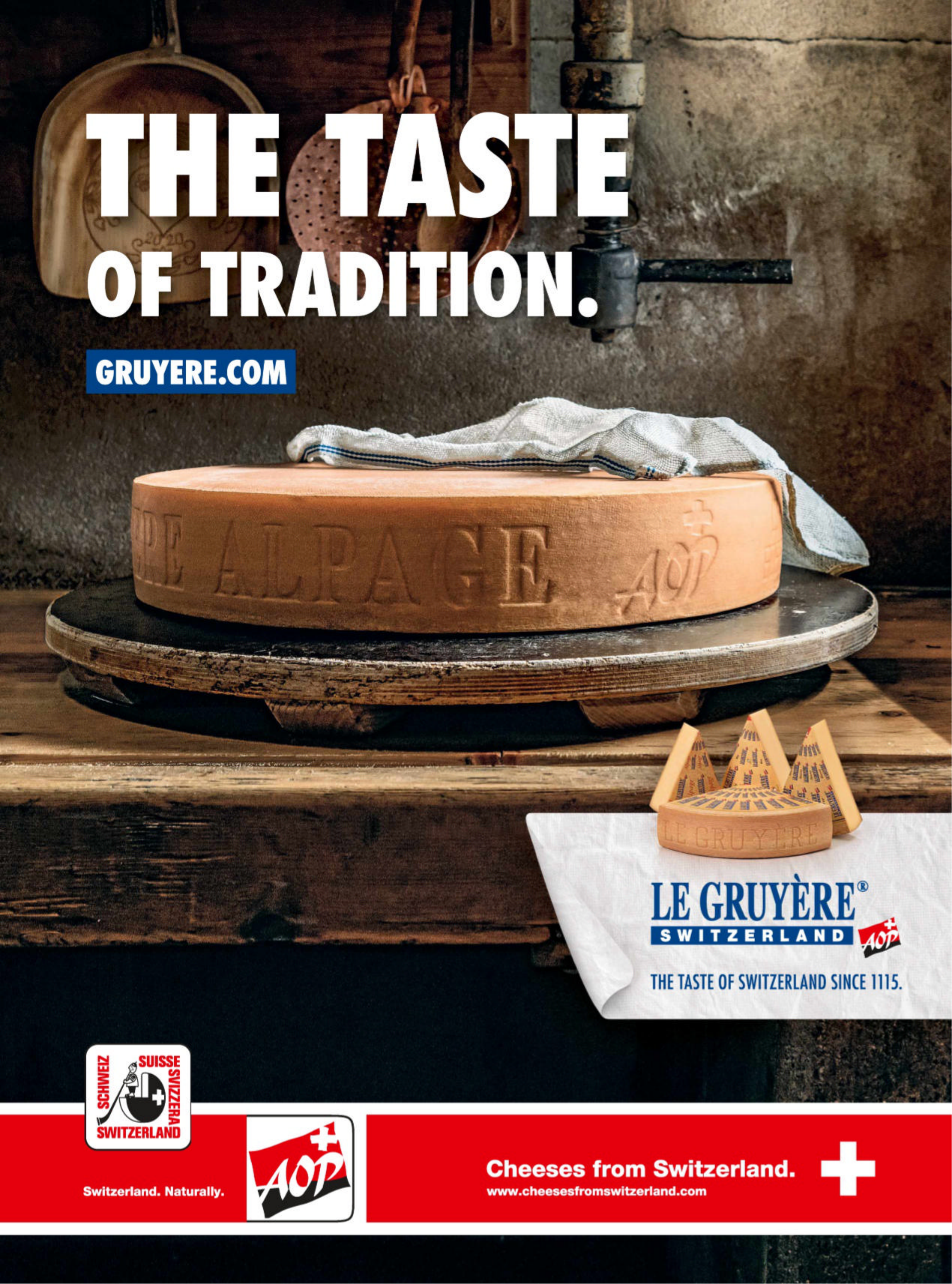
550g creamy beans (p47)
300g long pasta (like bucatini)
200g kale or cavolo nero, any tough stalks removed, finely chopped
60g salsa verde (p47)

1 Boil the kettle. Tip the creamy beans into a deep, wide frying pan with a splash of water, and set over high heat to warm through. Once the beans are hot and have loosened slightly, tip in the pasta and pour over 750ml boiling water from the kettle. Season well with salt.

2 Boil over a high heat, stirring often for 6-8 mins, or until the pasta is nearly cooked through, topping up with more water if needed. Stir in the kale and cook for 2-3 mins more until the greens have wilted and the pasta is tender but retaining some bite. When ready, the water will have mostly evaporated and the pasta will be creamy. Season to taste, then drizzle over the salsa verde before serving.

GOOD TO KNOW healthy • folate • fibre • vit c • 2 of 5-a-day
PER SERVING 553 kcals • fat 15g • saturates 3g • carbs 78g • sugars 5g • fibre 11g • protein 19g • salt 0.64g

Shoot director JORDAN EDMONDS-MOORE | Food stylist TROY WILLIS | Stylist HANNAH WILKINSON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What to eat for joint health

Maximise your mobility and ease arthritis symptoms with expert dietary advice from **Dr Chintal Patel**, plus a recipe to get you started

Chintal is a long-serving GP for the NHS as well as a food content creator, cookbook author and our regular contributor. She has a passion for nutrition and lifestyle medicine, and aims to help people approach cooking and eating in a way that supports overall wellbeing. *@drchintalskitchen*

Our joints are essential for keeping us moving, whether that's getting out for a walk, carrying home the shopping, or simply staying active day to day. As we age, natural wear and tear, inflammation and joint changes can lead to stiffness, discomfort or conditions like osteoarthritis. The good news? What we eat and how we live can make a real difference.

Nutrients like omega-3 fatty acids, antioxidants and vitamin D can help reduce inflammation and support joint structure and function. Diets rich in colourful, plant-based foods — such as the Mediterranean diet — are linked to a lower risk of inflammatory joint conditions. In addition, simple lifestyle habits like regular movement, maintaining a healthy weight and supporting gut health all play a part in protecting our joints.

Here, we'll explore the key foods and nutrients to prioritise, what to limit, and how to make everyday choices that will help to keep your joints healthy for the long term.

Eat more of these foods

- **Omega-3** Oily fish like salmon, mackerel and sardines are rich in omega-3 fatty acids (EPA and DHA), which have been shown to reduce joint pain and stiffness in people with rheumatoid arthritis and other inflammatory conditions. If you're plant-based, flaxseeds, chia seeds and walnuts can help. Aim for one or two portions of oily fish a week.

- **Colourful fruit & veg** especially berries and leafy greens, are loaded with antioxidants such as vitamin C, flavonoids and polyphenols. These compounds help to reduce oxidative stress in our bodies, a key driver of joint damage and inflammation. Aim to "eat a rainbow" of fruit and veg daily, and include cruciferous vegetables and berries regularly.

- **Vitamin D & calcium** Calcium, which is in leafy greens, dairy, fortified plant milks and tofu, works together with vitamin D to keep bones strong and keep joints well-supported. Spending time outdoors and incorporating oily fish, eggs and fortified foods can help boost vitamin D levels naturally.

- **Wholegrains**, such as oats, brown rice and quinoa, provide fibre and B vitamins. They help reduce chronic inflammation by supporting a healthy gut microbiome and steady blood sugar levels.

- **Extra virgin olive oil** is rich in polyphenols, which have natural anti-inflammatory effects. Regular consumption has been associated with improved arthritis symptoms and joint function.

Photographs GETTY IMAGES

Foods to limit

Ready meals are often low in fibre and essential nutrients and high in refined carbs, unhealthy fats, and salt – all of which can trigger inflammation and are linked to weight gain, adding pressure to joints.

Excess sugar has been linked to higher levels of joint pain in people with arthritis. Swap sugary drinks for herbal tea or water and try a handful of nuts or seeds instead of sugary snacks.

Red and processed meats can raise levels of inflammation in the body. Swap them for plant-based proteins like tofu or tempeh, or oily fish like salmon and sardines, in your meals.

What else can I do?

- **Regular exercise** Research shows that regular aerobic exercise helps to reduce joint pain and stiffness while improving mobility. Strength training twice a week is also recommended to build muscle around the joints, supporting stability and reducing inflammation. Aim for 30 minutes of moderate exercise, most days, to keep joints healthy.

- **Maintain a healthy weight** Carrying excess weight puts extra stress on joints, increasing pain and the risk of joint conditions. Keeping a healthy weight through a balanced diet and activity helps protect your joints over time.

- **Vitamin D supplementation** The NHS guidance is that most adults and children over the age of one should take a daily supplement of vitamin D, particularly during autumn and winter to support bones and joints. Some people may benefit from taking it year round, check with your GP.

5-a-day gnocchi bake

Enjoy all of your five-a-day in one delicious, easy traybake designed for supporting joint health. For best results, use two large trays so the vegetables can roast evenly in a single layer. Roasting garlic in its skin adds more flavour, too.

SERVES 4 **PREP** 20 mins
COOK 40 mins **EASY** **V**

- 2 peppers (1 red, 1 yellow), chopped
- 2 medium courgettes, chopped
- 2 small red onions, chopped
- 1 aubergine, chopped
- 200g cherry tomatoes
- 12 garlic cloves, unpeeled
- 2 tbsp extra virgin olive oil
- 160g baby spinach
- 500g gnocchi
- basil leaves, to serve (optional)

For walnut pesto

- 1 tbsp olive oil
- 35g walnuts
- 30g sundried tomatoes
- 20g parmesan or vegetarian Italian-style hard cheese, grated
- 1 tbsp tomato purée

1 Heat the oven to 200C/180C fan/gas 6. Tip the peppers, courgettes, red onions, aubergine, tomatoes and garlic across two large baking trays. Drizzle with the olive oil, season with salt and pepper, and toss to coat evenly. Roast for about 30 mins, mixing halfway through, until softened and golden.

2 Meanwhile, blend all pesto ingredients in a food processor with 1-2 tbsp water until smooth, then set aside.

3 Tip the spinach and gnocchi onto the baking trays, mixing gently with the veg. Return to the oven for 10 mins, until the gnocchi is heated through. Squeeze the garlic out of the skins and mix into the pesto.

4 Drizzle the walnut pesto over the baked veg and scatter over some basil, if you like, then serve.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • omega-3 • 5 of 5-a-day
PER SERVING 437 kcals • fat 19g • saturates 3g • carbs 45g • sugars 15g • fibre 11g • protein 15g • salt 1.44g

10+ plant points
Contains 5 of 5-a-day

High in
fibre and omega-3

Gut health
Garlic contains prebiotic fibre, which helps support gut microbiome

Peppers
High in vitamin C and E, as well as beta-carotene, which are all anti-inflammatory antioxidants

Walnuts
Plant-based source of omega-3, which supports joint lubrication

Courgette
Contains anti-inflammatory antioxidants, plus potassium and manganese for joint health

Parmesan
Good source of calcium and vitamin K2, both important for bone health. Source of protein for building muscles

Garlic
Anti-inflammatory and immune-modulating effects reduce the risk of osteoarthritis

Spinach
Good source of magnesium, vitamin K, and carotenoids, which support joint and bone health

Photograph MELISSA REYNOLDS-JAMES | Shoot director FREDDIE STEWART | Food stylist JESSICA MCINTOSH | Stylist HANNAH WILKINSON

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health benefits

Can beans boost your mental health?

Deputy health editor **Isabella Keeling** explains the advantages of eating beans for your body and mind

Whether it's kidney beans, black beans, cannellini, butter beans or haricot, there's no better way to bulk out a meal and give your body the nutrients it needs to thrive. Beans are an excellent source of plant-based protein, so always a popular choice for vegetarians and vegans, but all of us can benefit by simply adding to a stew or curry instead of meat, or to make meat stretch further.

Beans are high in fibre, which supports your digestive health so you feel fuller for longer and this also has a surprising knock-on effect for your mental and emotional wellbeing according to recent studies.

Additionally, they're packed with vitamins and minerals such as iron, magnesium and folate to combat fatigue and keep energy high, and because they're low in fat and free from cholesterol, beans can also help maintain healthy heart function and balance blood sugar levels, too. We've picked out the nutritional highlights below.

5 REASONS TO EAT BEANS

Packed with fibre

Beans are a source of soluble and insoluble fibre, which can help to lower cholesterol, regulate blood sugar levels and support a healthy gut, as well as reduce the risk of heart disease.

Rich in minerals

Beans are rich in B vitamins, such as folate, which supports energy as well as minerals like iron that prevents tiredness. The zinc in beans supports the immune system and magnesium contributes to healthy bones.

Complex carbohydrates

Beans are complex carbohydrates and have a low glycaemic index, meaning they provide slow-release energy, preventing blood sugar levels from spiking, all of which helps to keep you on an even keel throughout the day.

Rich source of plant protein

Protein helps our bodies build and repair tissues, supports our immune system and keeps us feeling full and energised. Including beans in your diet is an easy way to ensure you're getting enough protein, especially if you're vegan or vegetarian.

Increases the feel-good chemical

Beans are excellent for gut health as they're high in fibre and when gut bacteria are happily fed, they produce the right neurotransmitters for better mental health, too. They are also rich in a compound that helps increase dopamine, the brain's feel-good chemical. Research conducted at Cambridge University has thrown the spotlight on broad beans in particular for lifting mood and emotions.

BEANS MEANS ACTION

The Food Foundation is launching a UK-wide campaign with one simple mission: to get people eating more beans! Read more about the campaign at: *foodfoundation.org.uk/initiatives/beans*

Simple bean recipes

Pulled chicken & black bean chilli

Heat **2 tbsp sunflower oil** in a shallow pan or casserole dish that has a lid. Tip in **2 sliced onions** and cook over a medium-low heat for 5 mins until soft. Add **4 boneless, skinless chicken thighs** and turn up the heat to medium. Stir in **3 finely chopped garlic cloves**, a **pinch of sugar**, **1 tbsp oregano**, **1 tsp cumin seeds** and some seasoning. Cook for a couple of minutes, then add **1 tsp chipotle paste** and cook for a few minutes more. Add **350g passata**, **½ chicken stock cube**, 100ml water and season. Bring to a simmer, cover with a lid and cook for 40-50 mins, stirring occasionally, until the chicken is tender. Shred the chicken into the sauce using two forks, then stir through a **400g can drained black beans**. Simmer for 5 mins, then turn off the heat. Squeeze in the **juice of ½ lime**. Serve with **cooked rice** or **tortilla wraps**, **coriander**, **feta**, **lime wedges** and **chopped red onion**, if you like. *Serves 4*

GOOD TO KNOW healthy • fibre • 2 of 5-a-day
PER SERVING 256 kcals • fat 10g • saturates 2g • carbs 18g • sugars 8g • fibre 7g • protein 19g • salt 0.9g

Greek-style beans

Heat **2 tbsp olive oil** in a deep frying pan over a medium-high heat. Add **1 finely chopped large red onion** with a pinch of salt and cook for 5 mins, until beginning to soften and the edges are turning golden. Mix in **3 finely chopped garlic cloves**, **$1^{1}/_{2}$ tsp dried oregano** and **2 tbsp tomato purée**. Reduce the heat to medium and cook for 3-4 mins, stirring, until the purée turns dark red. Mix in **400g can chopped tomatoes**, **300ml low-salt vegetable stock** and **$^{1}/_{2}$ tsp caster sugar**. Drain and rinse **2 x 400g cans butter beans**, swill out the cans with a splash of water, then pour into the pan as well. Simmer for 10-12 mins over a low-medium heat, then mix in the beans. Stir well, then simmer for 2-3 mins before seasoning to taste with salt, pepper and **juice of $^{1}/_{2}$ lemon**. Serve with **50g feta crumbled** over and scatter a **small handful of finely chopped dill** on top, and **toasted sourdough** on the side for mopping up. *Serves 4*

GOOD TO KNOW healthy • low cal • fibre • 3 of 5-a-day
PER SERVING 254 kcals • fat 10g • saturates 3g • carbs 26g • sugars 10g • fibre 10g • protein 12g • salt 0.41g

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Kidney bean curry

Heat **1 tbsp vegetable oil** in a large frying pan over a low-medium heat. Add **1 finely chopped onion** and a pinch of salt, and cook slowly, stirring occasionally, until softened and just starting to colour. Add **2 finely chopped garlic cloves**, **finely chopped thumb-sized piece of peeled ginger** and **finely chopped coriander stalks**, and cook for 2 mins until fragrant. Add **1 tsp ground cumin** and **paprika**, and **2 tsp garam masala** then cook for 1 min until aromatic. Tip in **400g can chopped tomatoes** and **400g can kidney beans** along with their water, then bring to the boil. Turn down the heat and simmer for 15 mins until the curry is thick. Season to taste, then serve with **basmati rice** and **roughly chopped coriander leaves**. *Serves 2*

GOOD TO KNOW vegan • healthy • low fat • low cal • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 282 kcals • fat 8g • saturates 1g • carbs 35g • sugars 12g • fibre 14g • protein 13g • salt 0.06g

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At its best

Shop for mushrooms, pumpkins and pears as autumn sets in and put them centre-stage in warming dishes that serve up to eight people

recipes ESTHER CLARK *photographs* EMMA GUSCOTT

PLANET FRIENDLIER

Pumpkin

Synonymous with October, pumpkins appear in pies, soups, stews and roasts at this time of year (not to mention carved into Halloween jack o'lanterns). The plant grows along the ground, trailing over smaller shrubs, and produces fruit in autumn which can vary widely in colour, shape and size.

Curried pumpkin soup

Smooth, slightly sweet and nutty, pumpkin soup is autumn in a bowl. This recipe is comforting and also very easy to make, plus it freezes well, so you can keep some ready for evenings when you don't have time to cook. Top with coriander and tangy, spiced yogurt.

SERVES 4-6 **PREP** 15 mins
COOK 35 mins **EASY** **V** ❄

2 tbsp neutral-tasting oil, such as vegetable
30g unsalted butter
1 onion, finely chopped
2 garlic cloves, crushed
1 thumb-sized piece of ginger, peeled and finely grated
2 tbsp medium curry powder
1 tsp ground turmeric
1kg pumpkin or squash, peeled, deseeded and cut into 5cm chunks (about 800g prepared weight)
2 tbsp tomato purée
1.1 litres vegetable stock
80ml double cream

To serve

60g unsalted butter
2 tsp cumin seeds
small handful of coriander, finely chopped, or leaves picked
thick Greek-style yogurt, to serve

1 Heat the oil and butter in a large, heavy-based pan over low-medium heat and fry the onion with a pinch of salt for 8-10 mins, or until golden brown. Add the garlic and ginger, and cook for 2 mins. Stir in the curry powder and turmeric, and cook for a further minute. Tip in the pumpkin, tomato purée and stock, stir, then bring to a simmer. Cover and cook over a medium heat for 20-25 mins, or until the pumpkin is easily pierced using the tip of a cutlery knife.

2 Remove from the heat and blitz the soup using a hand blender until smooth, then stir through the cream and season with salt. *Once cool, will keep frozen for up to three months.*

3 For the topping, melt the butter in a pan over a low heat and fry the cumin seeds for 2 mins until fragrant. Season with salt. Ladle the soup into bowls, then drizzle over the cumin butter and top with the coriander and yogurt.

GOOD TO KNOW vit c • 2 of 5-a-day
PER SERVING (6) 293 kcals • fat 24g • saturates 13g • carbs 14g • sugars 7g • fibre 4g • protein 3g • salt 0.52g

&
Turn to page 16 make our cover star pumpkin, coconut & poppy seed curry.

Mushrooms

Mushrooms are incredibly eco-friendly as they can be grown on, or in, many different waste products, such as coffee grounds and cardboard, and only require a small amount of water to grow. Have a go at growing your own without the fuss by using a kit, now widely available.

Braised Italian sausages with red wine, porcini mushrooms & creamy polenta

By braising sausages in red wine, you'll achieve plenty of rich flavour – this is a comforting dinner for cooler evenings, especially when served with mounds of soft polenta. Use good-quality Italian pork sausage if you can – one with added fennel or chilli works nicely. Italian sausages have a coarser, more robust texture than standard British sausages.

SERVES 4 **PREP** 20 mins
COOK 1 hr 30 mins **EASY**

- 25g dried porcini mushrooms
- 2 tbsp olive oil
- 8 Italian pork sausages
- 200g portobellini mushrooms, sliced
- 1 onion, finely chopped
- 1 carrot, finely chopped
- 2 celery sticks, finely chopped
- 3 garlic cloves, thinly sliced
- 400g can plum tomatoes
- 2 rosemary sprigs, leaves picked and finely chopped
- 2 fresh bay leaves
- 200ml chianti
- 1 tsp sugar
- steamed greens, peas and chopped parsley, to serve (optional)

For the polenta

- 375g quick-cook polenta
- 1.4 litres milk
- 80g parmesan, finely grated
- 80g butter
- 50ml double cream

1 Tip the dried porcini into a heatproof bowl and cover with 150ml boiling water. Set aside. Heat half the oil in a large, shallow flameproof casserole dish over a medium heat and fry the sausages for 3 mins on each side, or until golden brown. Remove to a plate.

2 Heat the rest of the oil in the pan over a medium-high heat and fry the mushrooms for 5-7 mins until they have released most of their liquid. Stir in the veg and garlic, and fry for 5 mins. Add the rehydrated porcini, the tomatoes, herbs, wine and sugar, bring to a simmer and cook for 10 mins. Add the sausages, cover, reduce the heat and cook for 1 hr.

3 Cook the polenta with the milk following pack instructions, then stir in the cheese, butter and cream. Season to taste. Serve the polenta with the sausages alongside some steamed greens, peas and a sprinkling of parsley, if you like.

GOOD TO KNOW calcium • folate • fibre • vit c • 3 of 5-a-day

PER SERVING 986 kcals • fat 65g • saturates 34g • carbs 52g • sugars 27g • fibre 7g • protein 36g • salt 3.7g

Pears

Adorned with pretty white blossoms in mid-spring, by autumn, pear trees are producing their sweet fruits, which can range in colour from green and yellow, to red. They're a welcome addition to jams, puds, pies and cake.

Pear upside-down cake

This light sponge is spiced with cinnamon and baked with a layer of pears and caramelised sugar. Cooking the pears at the base ensures they're tender and sweet. Use ripe but still firm fruits. Serve as is or with custard.

SERVES 8-10 **PREP** 30 mins plus cooling **COOK** 1 hr 10 mins
MORE EFFORT **V**

3 ripe pears, peeled, cored and quartered
220g unsalted butter, softened
120g golden caster sugar
100g light brown soft sugar
3 eggs
100g soured cream
220g plain flour
1½ tsp baking powder
¼ tsp bicarbonate of soda
2 tsp ground cinnamon
For the caramel
75g caster sugar
75g butter
3 tbsp maple syrup

1 Heat the oven to 180C/160C fan/gas 4. Line the base of a deep 20cm springform cake tin with a circle of parchment that goes up the side by about 1cm, to hold the caramel.

2 To make the caramel, sprinkle the sugar into a small frying pan in an even layer, then warm over a low heat until the sugar starts to melt, swirling the pan until it starts to turn golden brown. Once it does, swiftly whisk in the butter, syrup and a pinch of sea salt, then pour into the base of the tin. Arrange the pear quarters on top in a circle.

3 Beat the butter and both sugars together using an electric whisk for 6-8 mins, or until light and fluffy. Add the eggs, one at a time, beating well after each addition, then mix in the soured cream. Add all the dry ingredients and beat for 10 seconds to incorporate. Spoon the cake mixture over the pears, gently smooth the surface, then bake for 1 hr until a skewer inserted into the middle comes out clean. If any wet crumbs cling to the skewer, bake for a further 5-10 mins. Leave to cool completely in the tin, then invert onto a serving plate and remove the parchment before slicing.

PER SERVING (10) 502 kcals • fat 28g • saturates 17g • carbs 55g • sugars 38g • fibre 2g • protein 5g • salt 0.73g

Shoot director FREDDIE STEWART | Food styling MATTHEW FORD | Stylist VIVI GARCIA | Illustrations LAURIE NEWMAN

Made for sharing

Conjure up some fun this Halloween with recipes that bring people together, using fresh seasonal produce from Morrisons Market Street

Pumpkin fondue

Use a leftover Halloween pumpkin for this if it's still fresh. Ideally avoid carving it, just decorate it with washable paints instead. If you're carving, save the bits you cut out. Uncarved pumpkin can also be used as a pot for the fondue.

SERVES 8 **PREP** 10 mins
COOK 1 hr 45 mins **EASY**

- 1 medium Morrisons Market Street British Pumpkin (use one leftover from Halloween if you have one), washed
- 1 garlic clove, squashed flat but left whole
- 440ml double cream
- 200g emmental, grated
- 200g gruyère, grated
- 200g mature cheddar, grated
- 2 tbsp cornflour

To serve

- roasted or boiled baby potatoes
- 1 loaf fresh bread (Morrisons the Best Californian Sourdough or the Best Focaccia Sea Salt & Rosemary rolls would work well), cut into chunks
- breadsticks
- cornichons and pickled onions
- green salad

1 Cut the top off the pumpkin, then scoop out and trim the flesh. Leave a little behind to retain the shape of the pumpkin. Reserve the flesh.

2 If you want to serve the fondue in the pumpkin shell, heat the oven to 180C/160C fan/gas 4. Bake it for 1 hr 30 mins until softened but not collapsing. Alternatively, use a serving bowl (we've used a bowl from Morrisons Nutmeg range). Tip the pumpkin flesh into a casserole dish with the garlic and cream, bring to a simmer and cook with the lid on until tender, about 10 mins. Take off the heat and mash thoroughly, or use a hand blender if your pumpkin is quite fibrous.

3 Mix the grated cheeses with the cornflour until completely coated. Add the cheese to the pumpkin in handfuls, stirring until melted. Put the mixture back over a low heat and stir gently to reheat if needed.

4 Pour the fondue mix into the pumpkin shell (supported in a bowl to keep it sturdy) or a serving dish. Mix in a crack of black pepper. Serve the accompaniments on a board alongside it. Give everyone a fork to dip with and a spoon for scooping out the fondue.

GOOD TO KNOW calcium • gluten free • 1 of 5-a-day
PER SERVING 598 kcals • fat 54g • saturates 34g • carbs 6g • sugars 2g • fibre 1g • protein 22g • salt 1.2g

tip

Most varieties of pumpkin and squash can be stored for up to a few months in a cool, dry place.

Did you know?

From munchkins to pumpkins, Morrisons has one of the largest ranges of British pumpkins of every shape and size.

seasonal
caldendar
pumpkins

Hot honey pumpkin bread

MAKES 1 loaf, cuts into 8 thick slices **PREP** 20 mins **COOK** 45 mins **EASY** **V**

- 175g butter, softened
- 140g hot honey, or clear honey mixed with a pinch of chilli flakes, plus extra to serve
- 100g light brown soft sugar
- 1 egg, beaten
- **250g Morrisons Market Street British Pumpkin, peeled and coarsely grated**
- 350g self-raising flour
- 1 tsp baking powder
- 2 tsp ground cinnamon
- butter or crème fraîche, to serve

1 Heat the oven to 180C/160C fan/gas 4. Butter and line a 1.5kg loaf tin with baking parchment.
2 Mix the butter with the hot honey, sugar and egg in a large bowl. Stir in the grated pumpkin, then mix in the flour, baking powder and cinnamon.
3 Tip the mixture into the prepared loaf tin and level the top. Bake for 45-50 mins, until risen and golden brown. Drizzle the top with 1 tsp hot honey. Leave in the tin to cool for 10 mins, then turn out onto a wire rack.
4 Serve thickly sliced while still warm with butter, or crème fraîche and more hot honey, or leave to cool completely and toast the slices to serve in the same way. *Will keep for several days in a cool place. You can slice when cool and freeze, then defrost when needed.*

PER SERVING 437 kcals • fat 19g • saturates 12g • carbs 59g • sugars 26g • fibre 3g • protein 6g • salt 0.96g

FIND OUT MORE

Scan the QR code to discover all Good Food recipes using Morrisons Market Street produce.

FRESH FROM MARKET STREET

We've partnered with Morrisons, who sources fresh food direct from British farmers, to bring you new recipes that make the most of what's in season.

In each ingredients list, we've highlighted the hero ingredient in season to look out for in store. Find more inspiration at *goodfood.com/morrisons-market-street*

More reasons to shop at Morrisons

Discover it *now:* Jerusalem artichokes

Our skills and shows editor **Barney Desmazery** unveils October's star ingredient along with delicious ideas for a starter or lunch

With their knobbly appearance, Jerusalem artichokes might not be the first thing you reach for at the market, but this is a true seasonal gem. At their best from late October through March, these earthy tubers are part of the sunflower family, and have a beautifully nutty flavour that works especially well in autumnal recipes.

Jerusalem artichokes can be used in much the same way as potatoes – roast them until caramelised, blitz into a velvety purée or soup, or slice raw into salads for crunch. Their creamy texture pairs brilliantly with game, cheese and woody herbs like rosemary or thyme, while a little lemon juice or vinegar helps prevent the flesh from browning once peeled or sliced. If peeling feels fiddly, try boiling them first – once softened, the skin rubs away more easily. Or, leave the skin on for a more rustic, fibre-rich finish.

A quick word of advice: some people may find that Jerusalem artichokes cause a little digestive discomfort, so if you're new to them, try smaller servings at first and pair with other veg.

When buying artichokes, opt for ones that feel firm and heavy, without dark patches or shrivelling, and store them in a cool, dark spot for up to 10 days. Once you're familiar with their subtle, smoky charm, you'll want to keep them in rotation all season long.

Quick serving suggestion

Roast Jerusalem artichokes

● Halve or quarter **800g scrubbed Jerusalem artichokes**, then tip into a roasting tin and drizzle over **2 tbsp rapeseed or olive oil**. Season well and toss to coat. Roast at 180C/160C fan/gas 4 for 45-50 mins until the artichokes are golden and tender inside.

Photographs ISTOCK/GETTY IMAGES PLUS

Creamy artichoke soup with parmesan skins

Artichokes make the silkiest soups, perfect for an elegant starter. The crisp skins offer more texture and flavour in place of bread croutons.

SERVES 4 **PREP** 30 mins
COOK 25-30 mins **EASY** **V** ❄

½ lemon, juiced
500g Jerusalem artichokes
2 tsp vegetable oil
25g butter
1 onion, roughly chopped
1 floury potato (about 140g), such as King Edward, roughly chopped
600ml vegetable or chicken stock
3 tbsp whipping or double cream, plus extra to serve (optional)
1-2 tbsp finely grated parmesan (or vegetarian alternative)
1 rosemary sprig, leaves only, finely chopped

1 Half-fill a large bowl with water and add the lemon juice. Peel the artichokes, then toss the peelings with the vegetable oil in a bowl and set aside. Cut the artichokes into rough chunks and submerge them in the lemony water.

2 Melt the butter in a large saucepan and add the onion, potato and some seasoning. Drain the artichokes, then stir them in. Cover the pan, then leave to cook gently for 15 mins, stirring now and again.

3 Pour in the stock, then cover and simmer for 10-15 mins until the vegetables are completely tender. Whizz the soup in a blender or using a hand blender until very smooth. Return to the pan, then pour in the cream and season to taste.

4 Meanwhile, prepare the skins. Heat the oven to 220C/200C fan/gas 7 and line a baking sheet with baking parchment (avoid foil as they'll stick). Scatter over the skins and roast for 10 mins. Turn them, sprinkle over the parmesan and rosemary, and roast for 5 mins more until crisp. Season with a pinch of flaky sea salt and some pepper. Serve the soup in bowls, add a swirl more cream (if you like), and top with the parmesan skins.

GOOD TO KNOW iron • 2 of 5-a-day
PER SERVING 371 kcals • fat 21g • saturates 12g • carbs 31g • sugars 15g • fibre 4g • protein 11g • salt 0.7g

13-page special

Celebrate Diwali

Invite guests to share a colourful spread for the Festival of Lights, hitting a peak on 20 October

recipes RINKU DUTT *photographs* HANNAH TAYLOR-EDDINGTON

Niramish kosha manghso, p76

Rinku Dutt is a British-Bengali chef and author whose first cookbook, *Kolkata: Recipes from the Heart of Bengal*, was published in 2022. She's collaborated with Asma Khan on a supper club, produced an award-winning chutney and developed recipes for Leon cookbooks. *@rinku.dutt1*

A celebration *with Rinku Dutt*

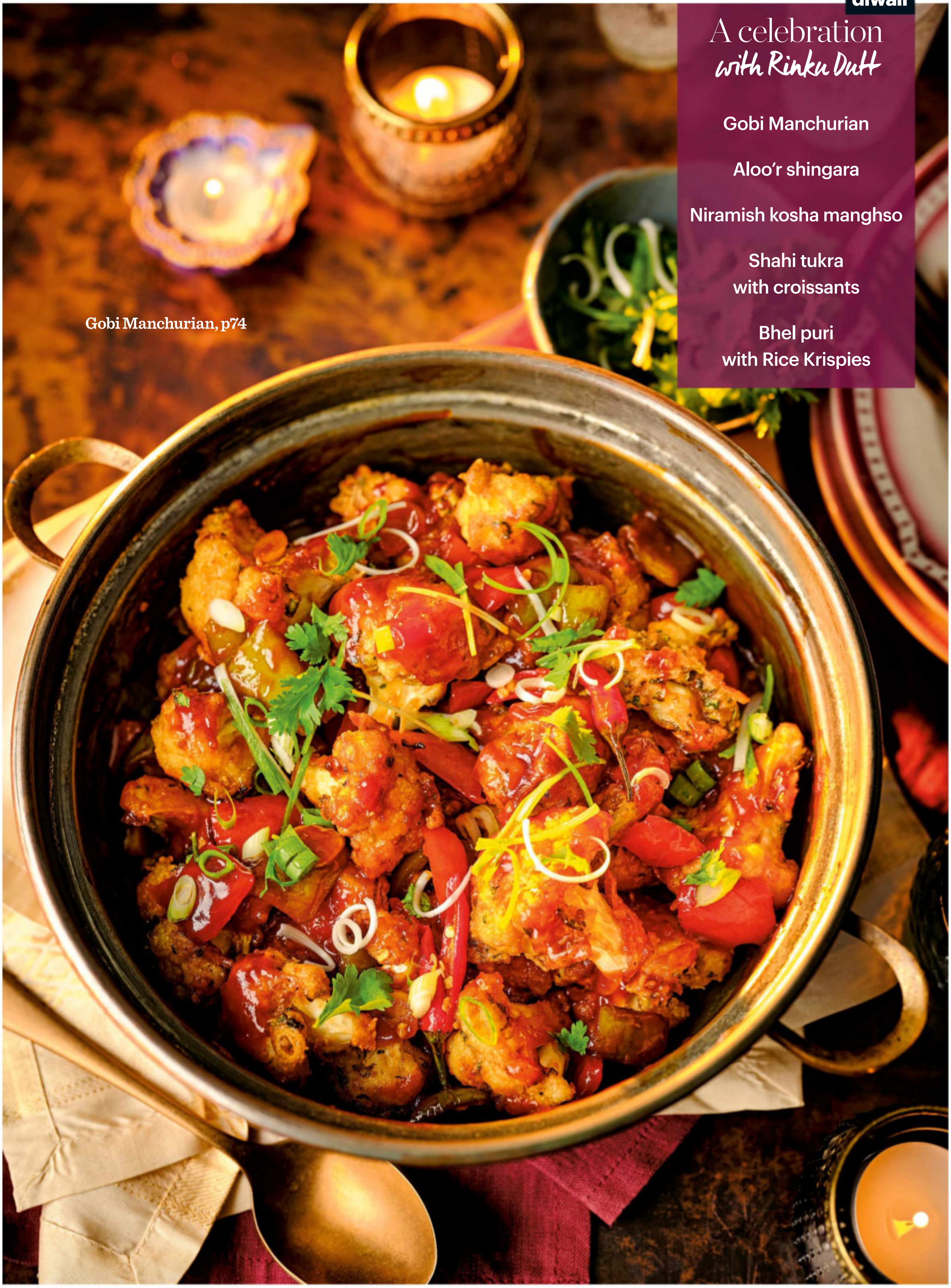
Gobi Manchurian

Aloo'r shingara

Niramish kosha manghso

Shahi tukra
with croissants

Bhel puri
with Rice Krispies



Gobi Manchurian, p74

Gobi Manchurian

Kolkata has a multicultural community, and this dish unites Indian cuisine with that of the Chinese settlers from the 18th century – it has an Indian way of marinating cauliflower, with a Chinese influence in the form of soy sauce-based gravy. It's crispy, sweet, sour and tangy. To keep the florets crisp, keep the gravy separate until you want to serve.

SERVES 4 **PREP** 35 mins plus 30 mins marinating **COOK** 30 mins **EASY** **V**

1 medium cauliflower, cut into medium florets (about 650g)
1 litre rapeseed oil, for deep-frying

For the marinade

3 garlic cloves, finely grated
20g ginger, finely grated
2 tbsp dark soy sauce
1 tbsp lemon juice
½ tsp baking powder
1 green chilli, finely chopped
1 tbsp Shaohsing cooking wine
2 spring onions, finely chopped, plus extra to serve
small handful of coriander, finely chopped, plus extra to serve

For the coating

5 heaped tbsp cornflour
4 heaped tbsp plain flour

For the gravy

3 tbsp rapeseed oil
6 garlic cloves, finely chopped
3 bird's eye chillies, sliced lengthways
2 red onions, peeled, halved, then quartered
1 green and 1 red pepper, each cut into 2cm squares
2 tbsp each dark and light soy sauce
3 tbsp tomato ketchup
2 tbsp sweet chilli sauce

1 Cook the florets in a pan of boiling water for 2 mins. Drain well, then put on a baking tray in a single layer. Put the marinade ingredients in a large bowl, mix well, then add the florets. Stir to coat, cover and set aside to marinate for 30 mins.

2 Heat the oil in a karai or deep saucepan to 180C. Combine the coating ingredients with ½ tsp salt and some black pepper, then slowly add 140ml water to make a smooth batter. Remove the florets from the marinade using a slotted spoon, and toss in the mix until well coated. Carefully lower a few florets into the oil and fry for 3-4 mins until golden brown. Remove to a plate lined with kitchen paper using a slotted spoon to drain. Repeat until all the florets have been fried.

3 For the gravy, heat the oil in a pan over a medium heat and stir-fry the garlic for 30 seconds, ensuring it doesn't burn. Add the chillies and onions, and continue to stir-fry for 1 min. Add the peppers, turn the heat up to high and cook for 2 mins. Add the soy, ketchup and chilli sauce, stir and cook for 1 min more.

4 When ready to serve, reheat the gravy over a low heat, then toss in the fried florets to coat. Arrange on a serving dish, then garnish with the extra coriander and spring onion.

GOOD TO KNOW vegan • low fat • folate • fibre • vit c • 3 of 5-a-day
PER SERVING 403 kcals • fat 11g • saturates 1g • carbs 62g • sugars 21g • fibre 9g • protein 10g • salt 4.4g

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Aloo'r shingara

These look like samosas, but are made with shortcrust pastry filled with cauliflower or potato cooked with panch phoron (five spices).

MAKES 12-16 **PREP** 1 hr plus resting **COOK** 1 hr 40 mins **MORE EFFORT** **V**

450g Maris Piper potatoes, unpeeled, cut into 1cm cubes
20g ginger, peeled and roughly chopped
1 green chilli, finely chopped (deseeded, if you prefer less heat)
2 tbsp food grade mustard oil or other neutral oil
50g unsalted peanuts
2 tsp panch phoron (available in Asian supermarkets)
½ tsp asafoetida
½ tsp each ground turmeric, cumin and coriander
1 tsp chaat masala
1 tsp dried fenugreek leaves
1½ litres vegetable oil, for frying
tamarind chutney, to serve

For the pastry

250g plain flour, plus extra for dusting
¾ tsp caster sugar
25g cold ghee
1 tsp black nigella seeds

1 Boil the potatoes in salted water for 5-6 mins until tender. Drain well and leave to steam-dry.

2 Meanwhile, roughly crush the ginger and chilli using a pestle and mortar. Heat the mustard oil in a wok or large frying pan over a medium heat and fry the peanuts for 2 mins until golden. Remove using a slotted spoon and set aside.

3 Cook the panch phoron in the wok for 30 seconds. Add the ginger and chilli mix and the asafoetida, and cook, stirring, for 1 min. Stir in the dry spices and fenugreek leaves (rub the leaves between your palms briefly first to release the oils), then add the potatoes, stirring to coat. Cook for 4 mins, then stir in 1½ tsp salt and 100ml warm water. Bring to a simmer, then reduce the heat to medium-low, cover and cook for 10 mins until the potatoes are fully tender. Mix in the peanuts, then remove from the heat and cool fully.

4 Meanwhile, put all the pastry ingredients in a food processor with ½ tsp salt. Pulse to fine crumbs. Add 90-100ml water. Pulse to form a smooth dough. Cover with a damp tea towel. Leave to rest for 30 mins.

5 Line a large baking tray with baking parchment. Roll the dough into 50g balls (about 6-8). Working with one at a time, roll out on a lightly floured surface into a 25 x 17cm oval, keeping the rest of the dough covered to stop it drying out. Cut in half through the middle crosswise. Dab water along the cut side of one of the half-ovals, then bring the points of the shortest side up to slightly overlap, creating a cone shape. Holding the cone between your finger and thumb, fill with 1 tbsp of the filling. Press the open end together, then fold in half to seal. Put on the tray and cover with a damp tea towel. Repeat with the rest of the balls.

6 Half-fill a large, deep pan with oil and heat to 100C. Fry the shingaras in batches for 4-5 mins, then flip over and cook until golden, about 10-12 mins total. Drain on kitchen paper. Leave to rest for 15 mins, then serve with tamarind chutney.

PER SERVING (16) 198 kcals • fat 13g • saturates 2g • carbs 17g • sugars 1g • fibre 1g • protein 3g • salt 0.67g

Hand model SWARANA KIMBER | Henna artist CAROLINE YOUNG

Aloo'r shingara

Niramish kosha manghso

This is a special dish prepared during the festival of Kali Puja, and is offered to the goddess Kali as 'Bhog', a devotional act that signifies the end of a religious observance. By omitting garlic and onion, the flavours of the other whole spices are highlighted to make a delicious, hearty lamb dish.

SERVES 4-6 **PREP** 25 mins plus at least 2 hrs marinating **COOK** 1 hr 30 mins **EASY**

- 1kg lamb shoulder, cut into 2cm cubes
- 500g Maris Piper potatoes, quartered
- ½ tsp ground turmeric

For the marinade

- 40g ginger, grated
- 5 tbsp thick Greek-style yogurt
- 4 tsp garam masala
- 2 tbsp food grade mustard oil or vegetable oil
- small handful of coriander, finely chopped, plus extra to serve

For the base gravy

- 2 tbsp food grade mustard oil or vegetable oil
- 1 cinnamon stick
- 5 green cardamom pods
- 7 cloves
- 1 black cardamom pod
- 1 mace blade
- 3 bay leaves
- 1 green chilli, sliced lengthways
- 40g ginger, grated
- 250g chopped tomatoes, blended
- 2 tsp ground turmeric
- 2 tsp ground cumin
- 2 tsp ground coriander
- 2 tsp garam masala
- 3 tsp dried fenugreek leaves
- small handful of coriander, finely chopped
- steamed rice, parathas, raita and tangy onion salad, to serve

1 Put the lamb pieces in a large bowl along with all the marinade ingredients, stirring well to coat. Cover and chill for at least 2 hrs, or up to 24 hrs.

2 Take the lamb out of the fridge at least 30 mins before cooking to come to room temperature. Put the potatoes in a medium bowl, then stir in the turmeric and $^1/_2$ tsp salt.

3 Heat half the mustard oil in a large, deep frying pan over a medium heat and cook the potatoes for 5 mins, stirring until slightly browned. Remove to a plate and set aside. Drizzle the remaining oil into the pan and fry the cinnamon stick, green cardamom pods, cloves, black cardamom pod, mace blade, bay and green chilli for 2 mins until fragrant, being careful not to burn the spices. Add the ginger, mix well, then stir in the tomatoes. Continue to cook for 6-8 mins until the sauce has reduced slightly and released a little oil.

4 Stir in the marinated lamb and cook for 8-10 mins until lightly browned. Stir in the turmeric, cumin, coriander and garam masala. Crumble in the fenugreek leaves, rubbing them between your fingers first to release the oils. Mix well, then cook for a further 20-25 mins over a medium heat, stirring often to make sure the base doesn't burn.

5 Once the water has evaporated slightly, add the potatoes and 600ml warm water. Bring to a simmer. Reduce the heat to medium-low, cover and cook for 45-50 mins, stirring occasionally. (Or, do this step in a pressure cooker by cooking for 20 mins.) At this stage, the gravy should be a rich reddish-brown and the potatoes soft. Scatter over some coriander, then serve with steamed rice, parathas, raita and a tangy onion salad.

GOOD TO KNOW gluten free
PER SERVING (6) 582 kcals • fat 41g • saturates 16g • carbs 19g • sugars 4g • fibre 3g • protein 33g • salt 0.73g

Shahi tukra with croissants

This is slightly different to thick, custard-based British bread & butter pudding – it's a decadent dessert that harks back to the time of the Mughal empire. Traditionally, white bread slices are halved and deep-fried, then layered with a thick milk mixture called rabri. I've adapted the recipe to make it taste more indulgent – but not as heavy – by using croissants, which helps lighten it.

SERVES 6-8 **PREP** 5 mins plus standing and cooling **COOK** 35 mins
EASY V

- 1 tbsp ghee
- 6 large butter croissants, split lengthways
- 700ml whole milk
- 200ml condensed milk
- 6 cardamom pods, crushed
- ½ tsp ground nutmeg
- 5 saffron threads
- 150g ricotta, drained
- 2 tbsp raisins
- 2 tbsp dried cranberries
- 25g almonds, finely sliced lengthways or slivered
- 25g pistachios, finely sliced lengthways or slivered
- 2 tsp dried edible rose petals (optional)
- blackberries, to serve

1 Melt ½ tbsp ghee in a large frying pan over a medium heat and brown 2 of the croissants, cut-side down, for 3-4 mins on each side until golden and crisp. Transfer to a 30 x 20cm ovenproof dish, ensuring they fit snugly against each other. Repeat with the remaining ghee and croissants.

2 Put the milk, condensed milk, cardamom pods and nutmeg in a heavy-based saucepan and bring to a simmer over a medium-low heat. Cook for 10-15 mins, stirring often to prevent the milk from catching, until the mixture is thickened slightly and reduced. Stir in the saffron and ricotta, and simmer for 8-10 mins more. Once it begins to thicken slightly, switch off the heat and leave to cool slightly. Remove and discard the cardamom pods.

3 Heat the oven to 200C/180C fan/gas 6. Pour the warm milk mixture over the browned croissants in the dish, then sprinkle over the raisins, cranberries and nuts. Bake for 15 mins until the top starts to brown. Remove from the oven and leave to stand for 10 mins. Scatter over the rose petals, if using, and blackberries, then scoop into dishes to serve.

GOOD TO KNOW calcium
PER SERVING (8) 453 kcals • fat 22g • saturates 11g • carbs 50g • sugars 32g • fibre 2g • protein 13g • salt 0.6g

Bhel puri with Rice Krispies

Ever tried Rice Krispies in a savoury dish? This is an easy, quick and popular street-food dish in Mumbai. It's often shared between friends, or enjoyed as a light snack. Bhel puri falls into the category of chaats – the name literally means 'licking'. It's sweet, sour and tangy, and made with two types of chutneys to elevate the flavours. Once it's all combined, eat it straight away while crisp.

SERVES 6-8 as a starter
PREP 20 mins **COOK** 9 mins
EASY V

1 small potato, cut into small cubes
50g crisped rice cereal, such as Rice Krispies
1 green chilli, finely chopped
40g bombay mix
1 small red onion, finely chopped
¼ cucumber, finely chopped
2 tbsp salted peanuts, roughly chopped
small handful of coriander, finely chopped
½ tsp chaat masala
1 tbsp food grade mustard oil (optional)
1 tbsp tamarind chutney, plus 1 tsp
½ lime, juiced

For the green chutney

large handful of coriander, roughly chopped
10 mint leaves, roughly chopped
3 garlic cloves, roughly chopped
25g ginger, peeled and roughly chopped
3 tbsp lemon juice
2 tsp caster sugar
2 green chillies, roughly chopped
1 tbsp salted peanuts

1 Cook the potato in a small pan of boiling salted water for 7-9 mins until tender. Drain and cool, then finely chop.
2 Blitz the chutney ingredients together with 1 tsp salt and 3 tbsp water in a high-powered blender until you have a smooth paste. Set aside.
3 Combine the cereal, potato, chilli, bombay mix, onion, cucumber, peanuts, coriander, chaat masala, mustard oil (if using), 1 tbsp tamarind chutney and 2 tbsp of the green chutney in a large bowl. Stir well to combine.
4 Mix the remaining 1 tsp tamarind chutney with 1 tsp of the green chutney in a small bowl, and season to taste with the lime juice. Mix well. Put the bhel puri in smaller serving bowls, then serve with the tamarind chutney mixture and any leftover green chutney on the side.

GOOD TO KNOW vegan • vit c
PER SERVING (8) 121 kcals • fat 5g • saturates 1g • carbs 14g • sugars 4g • fibre 2g • protein 4g • salt 0.96g

SHARING MENU
with Karan Gokani

Punjabi egg curry

Palak paneer

Prawn balchao

Punjabi egg curry

This simple, comforting egg curry is a staple in homes and restaurants across North India. It comes together in minutes with just a handful of affordable ingredients, perfect for a quick weeknight supper or lazy weekend brunch. All it needs on the side is some rice or slices of white bread.

SERVES 2-4 **PREP** 10 mins
COOK 20 mins **EASY** **V**

- 4 eggs, at room temperature
- 2 tbsp ghee, or vegetable oil
- 3 green cardamom pods
- 4 cloves
- 1 cinnamon stick
- 1 onion, finely chopped
- 1 tsp ginger paste
- 1 tsp garlic paste
- 1 tsp kashmiri chilli powder
- 1/3 tsp ground turmeric
- 1 tsp ground coriander
- 1/2 tsp ground cumin
- 400g can chopped tomatoes (or 3-4 ripe medium tomatoes, chopped)
- 2 tbsp yogurt (optional)
- 1/2 tsp garam masala
- 1 tbsp fresh coriander, plus extra to serve (optional)

1 Bring a pan of water to the boil and cook the eggs for 5-6 mins. Drain, rinse under cold water and peel once cold. These will be soft-boiled eggs, but if you prefer fully set yolks, boil the eggs for 7-8 mins before peeling and adding to the curry.

2 Heat 2 tbsp ghee in a pan over a medium heat. Add the cardamom, cloves, cinnamon stick and cumin, and fry until aromatic, about 30 seconds. Add the onion and cook until golden brown, 5-6 mins. Stir in the ginger and garlic pastes and cook for a further minute. Add the chilli powder, turmeric, coriander and cumin and cook for 30 seconds. Pour in the tomatoes then bring to a simmer, stirring occasionally, until thick and jammy.

3 Remove the pan from the heat. Stir in the yogurt, if using, along with salt to taste, the garam masala and coriander. Stir and cook for a couple of minutes, then taste for seasoning.

4 Add the eggs and toss gently in the curry. Cover and cook for 2 mins over a low heat. Serve immediately, garnished with some coriander leaves, if you like.

GOOD TO KNOW low cal • 1 of 5-a-day • gluten free
PER SERVING (4) 195 kcals • fat 14g • saturates 5g • carbs 7g • sugars 6g • fibre 2g • protein 10g • salt 0.37g

Karan Gokani grew up in Mumbai before moving to England in 2005. He founded London's popular Sri Lankan restaurant, Hoppers, in 2015, and has since appeared on *Saturday Kitchen* and *MasterChef*. He has recently released his second cookbook, *Indian 101* (£28, Bluebird). @karancooks

Photograph HANNAH TAYLOR-EDDINGTON | Shoot director LAURIE NEWMAN | Food styling MATTHEW FORD | Stylist FAYE WEARS

Prawn balchao

This versatile Goan prawn dish can be served as either the star of the meal or as a punchy pickle on the side. Traditionally, it was made as a pickle, with vinegar and spices preserving the prawns so they could be eaten over several days without needing refrigeration. These days, it's a favourite at Goan festivals and special occasions, where it's served as a main dish. Serve with rice or some crusty white bread.

SERVES 2 **PREP** 10 mins plus at least 2 hrs soaking **COOK** 30 mins **EASY**

3 tbsp neutral oil
10-12 curry leaves
500g onions, finely chopped
1 tsp ginger paste
2 tsp garlic paste
½ tsp ground turmeric
2 green chillies, sliced lengthways
500g prawns, cleaned and deveined
1 tbsp sugar

For the masala paste

6 cloves
2.5cm cinnamon stick
1 tsp black peppercorns
1 tsp cumin seeds
1 tbsp coriander seeds
6-8 Kashmiri red chillies, stems and seeds removed
2 tsp dried shrimp (optional)
150ml apple cider vinegar or white wine vinegar, to taste

1 Start with the masala paste. Heat a small dry pan over a medium heat and toast the cloves, cinnamon, peppercorns, cumin and coriander seeds for 2 mins until fragrant.

2 Transfer the toasted spices, red chillies and dried shrimp (if using) to a bowl. Pour the vinegar over and mix well. Leave to soak for 2 hrs, or ideally overnight, then blend to a fine paste, adding a little water if needed, and set aside.

3 Heat the oil in a pan over a medium heat. Add the curry leaves, followed by the onions and ½ tsp salt. Cook for 6-8 mins, until the onions soften and turn light brown.

4 Stir in the ginger, garlic, turmeric, green chillies and ½ tsp salt and cook until the aromatics turn deep brown, approximately 6-8 mins, adding a little water from time to time, if required.

5 Add the masala paste to the pan and cook over a low heat for 8-10 mins, until the oil rises to the surface.

6 Add the prawns, mixing well to coat them with the masala, then pour in 150ml water and cook for 4-5 mins. Add the sugar and season to taste, adding more salt or vinegar for your perfect balance.

7 Serve immediately, or keep chilled for up to two days. Like many Goan dishes, this continues to mature with time, and I find it tastes better when reheated the next day.

GOOD TO KNOW calcium • fibre • iron • 2 of 5-a-day • gluten free

PER SERVING 541 kcals • fat 20g • saturates 2g • carbs 35g • sugars 29g • fibre 9g • protein 50g • salt 4.06g

Palak paneer

This recipe from north India uses spinach (palak) as the main ingredient, and is the version I grew up eating at home the most. It's one of the simplest recipes in my book, very healthy, and a family favourite – ideal to batch cook.

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY** **V**

- 250g paneer, cut into batons
- 1½ tbsp ghee
- 1 tsp cumin seeds
- 120g red onions, finely chopped
- 1 tsp grated ginger
- ½ tsp grated garlic
- 100g fresh ripe tomatoes, finely chopped (or 80g canned chopped tomatoes)
- ½ tsp kasoori methi (dried fenugreek leaves; optional)
- 250g spinach leaves
- 1 green chilli, cut in half lengthways
- 1 tbsp cream, to serve
- 5cm ginger, peeled and cut into matchsticks, to serve

1 If using shop-bought paneer, cut and soak it in a bowl of boiling water while you prepare the gravy. Soaking the paneer helps make it softer when cooked. If using homemade paneer, pan-fry it until golden brown before adding to the curry, especially if it's quite crumbly.

2 Heat the ghee in a pan over a medium heat and add the cumin seeds. Once they crackle, tip in the red onions along with ½ tsp salt. When the onions have softened, after about 3 mins, add the ginger and garlic, and cook for 2 mins.

3 Add the tomatoes and kasoori methi (if using) and cook for 3-4 mins, until the tomatoes have reduced by a third, adding a splash of water if required.

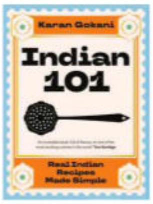
4 Wash and add the spinach, then cover the pan. Some cooks boil the spinach then add it, but I prefer adding it fresh and preserving all the juices and nutrients. Cook the spinach until it just wilts in its own steam, about 3 mins. Remove the pan from the heat and blitz everything using a blender, along with 1 tsp salt, the chilli and 100ml water.

5 Once you have a smooth sauce, return it to the pan. Bring it back to a simmer and check the seasoning and consistency, adding water if you like it thinner.

6 Add the paneer and cook for 3-4 mins until warmed through. Add a drizzle of cream and the ginger, if using, then serve.

GOOD TO KNOW calcium • folate • 1 of 5-a-day • gluten free

PER SERVING 289 kcals • fat 22g • saturates 13g • carbs 4g • sugars 3g • fibre 2g • protein 19g • salt 1.95g



Karan Gokani
Indian 101
Real Indian Recipes Made Simple

Palak paneer and prawn balchao recipes are extracted from *Indian 101 – Real Indian Recipes Made Simple* by Karan Gokani (£28, Bluebird) Photographs by Ola O. Smit.

goodFOOD SHOW WINTER

Karan Gokani will be joining the starry line-up of chefs and food experts at this year's Good Food Show Winter (27-30 November) and sharing plenty of ideas to spice up the festive season. For more details and how to book, turn to page 114.

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Pineapple, spiced caramel & thyme tarte tatin, p102

weekend

Make time for yourself

Get cosy in the kitchen baking crowd-pleasing pies, take a trip down memory lane with **Felicity Cloake** and her favourite retro dessert, or serve up a Persian feast with simple but impressive recipes from **Sabrina Ghayour**. Plus, magic up a spooky purple cocktail fit for Halloween.

Be inspired and discover more at *goodfood.com/feature/weekend*

My favourite dish

Felicity Cloake's sherry trifle

The award-winning food writer explains why she loves the retro dessert so much, plus her secret to the perfect brownies

Trifle is my favourite, it's a special occasion dish. My mum's trifle is great; growing up, she used to make it with lady fingers, and they have that slightly crunchy, sugary outside. I was quite a greedy child so I used to sneak them out of the cupboard and eat them. They'd be soaked liberally in sherry and she'd use tinned raspberries which soaked into the sponge. When I was a child, it used to be Bird's custard poured on top and the trifle would sit on a shelf in the pantry until it had gone solid. I loved the skin on top.

I cycled across America for my new book *Peach Street to Lobster Lane* in search of real American food. Unfortunately, there's not much native American cuisine left, so when people come, they bring their own food culture and they then become transformed by the abundance in America. So pizzas became super-sized in Chicago and you get these incredibly exciting mash-ups like Tex-Mex. I went to a restaurant in San Antonio in Texas where an American Taiwanese chef is doing Chinese dumplings filled with breakfast taco ingredients and there's another place in Texas where they have these Czech pastries called kolaches. They're like a brioche bun and usually made with fruit, but they made them with sausage. It was really exciting.

I started the ride in San Francisco. I wanted to cycle down the Pacific Coast Highway because everyone says it's the most beautiful ride in the world, but unfortunately there was in a massive landslide, so I didn't get to do all of it, then I went across on a train (there were some trains involved because it's such a big country), from LA to Texas, which is such an exciting journey. If you like sitting looking at scenery for days on end, I'd recommend it. I loved the Midwest, they have these vast lakes with beaches and forests, and great little towns with nice independent cafés. The produce in California was amazing, but my favourite food was in New England, because I really love seafood and there was a lot of farm-to-table stuff happening there.

I was there during the lead-up to the elections, which was fascinating. It felt like a very divided country – political signs everywhere and a lot of aggressive car stickers. The result wasn't a surprise to me, a lot of people I spoke to said 'I'm voting for Trump because he's the only one who's ever done anything for working class people like us.'

I'd love to do another bike trip. Lots of people have lobbied for Italy and Spain, both of which would be incredible subjects because they have such good food. My problem is that I don't speak the language in either of those countries and I like to chat to people. One of the things I loved about the States is people want to chat to you – that's bliss for me, even if I don't agree with what they're saying, I love to chat.

No one has told me this, and it's quite a bold claim, but I've never found brownies that I like as much as my own. I whip up the butter and sugar until they're really light and it makes them almost moussey. I take them out of the oven when they're still a bit under-baked. The secret is to put the brownie pan in a sink of cold water – making sure that there's not enough water in there to ruin your brownies – and that cools them down quicker so they don't carry on cooking. I put quite a bit of salt in them and loads of nuts.

I quite often eat meat-free. I love spaghetti with Marmite, butter and cheese. I think we should be making more of an effort at an institutional level to reduce meat and dairy consumption. Like on a plane, do you really need to eat meat? I don't think we should be given the option. Maybe school canteens could have a day or a couple of days a week where it's all vegetarian. I just think we need to realise that you can still eat really well and not have meat at every meal.

Next level sherry trifle

SERVES 12 **PREP** 30 mins plus at least 2 hrs resting, cooling and chilling **COOK** 10 mins **MORE EFFORT**

For the custard
- 600ml double cream
- 400ml whole milk
- 1 tsp vanilla extract
- 140g golden caster sugar
- 5 tbsp custard powder

For the filling
- 1 shop-bought madeira loaf cake (about 300g)
- 100g raspberry jam
- 300g frozen raspberries
- ½ orange, zested and juiced
- 200ml sweet sherry

For the toppings
- 600ml double cream
- 50g caster sugar
- 2-3 tbsp sweet sherry
- 3-4 crunchy amaretti biscuits, roughly crushed
- 15g flaked almonds, toasted

1 First, make the custard. Pour the cream, milk and vanilla into a large pan and bring to a simmer on a low heat. Meanwhile, stir the sugar and custard powder together in a large bowl, then mix in a little of the hot cream mixture to make a paste. Gradually whisk in the rest. Return the custard to the saucepan and cook on a medium heat for 6 mins, whisking until thickened and just simmering. Pour into a bowl, cover the surface with a disc of baking parchment and set aside. *Will keep chilled for up to two days.*

2 Cut the loaf cake into 12 slices and sandwich the slices with the jam. Arrange these in the base of a trifle dish or bowl in an even layer, trimming any that don't quite fit. Scatter over the frozen raspberries, then drizzle over the orange juice and sherry. Set aside for 1-2 hrs to give the fruit time to defrost and for the sponge to soak up all of the juices.

3 Whisk the cooled custard until smooth, then tip this over the raspberry layer and smooth over the surface with a spatula. For the cream topping, whisk together the double cream, sugar, orange zest and sherry to soft peaks, then spoon over the custard layer. Chill in the fridge for at least 1 hr. *Will keep chilled for up to 24 hrs.* Scatter over the crushed biscuits and flaked almonds to serve.

PER SERVING 773 kcals • fat 60g • saturates 36g • carbs 48g • sugars 37g • fibre 1g • protein 5g • salt 0.4g

FELICITY CLOAKE
PEACH STREET TO Lobster LANE

Felicity's new book, *Peach Street to Lobster Lane* (£16.99, Mudlark) is out now.

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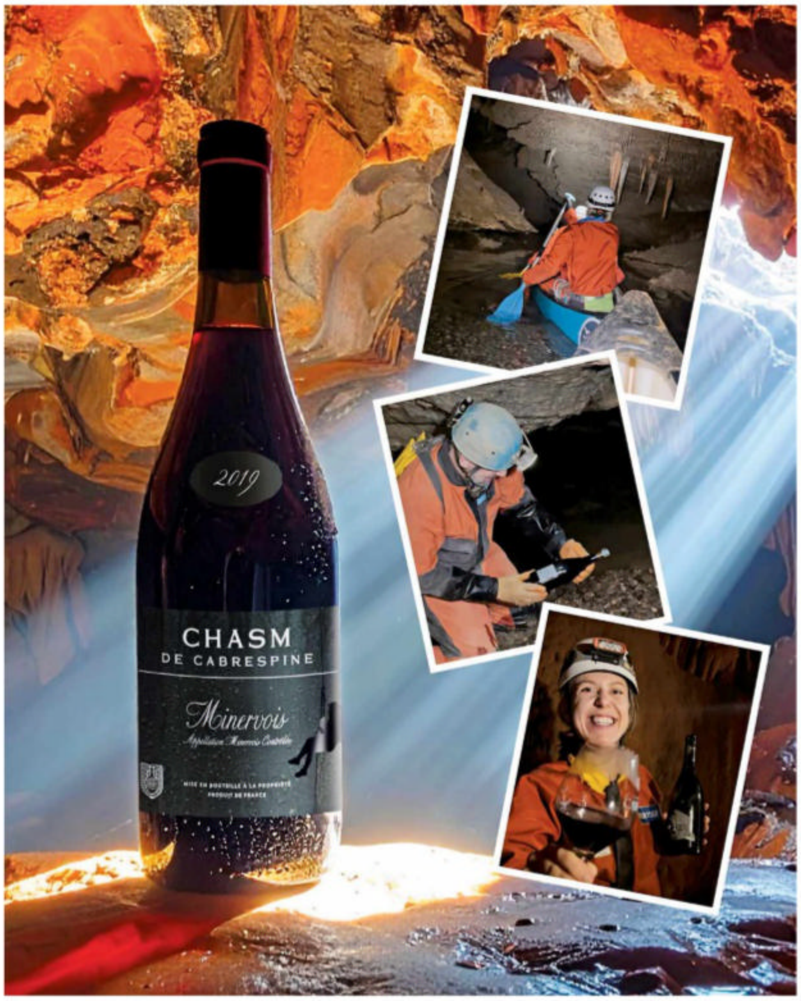

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Reach for the pies

Spend a little more time in the kitchen as the weather cools and make your own pastry for a golden crowd-pleaser

recipes ESTHER CLARK & HELENA BUSIAKIEWICZ
photographs EMMA GUSCOTT

Mushroom pie with thyme pastry

A good mushroom pie should have rich flavour and perfectly buttery pastry. For the flakiest crust, freeze the butter and grate it into the dry ingredients. A variety of fresh mushrooms makes the filling more interesting, while dried mushrooms, brandy, cream and tarragon create deep flavour and an indulgent texture.

SERVES 6-8 **PREP** 40 mins plus a few hours freezing, chilling and cooling **COOK** 1 hr 10 mins **MORE EFFORT V**

200g unsalted butter
400g plain flour
1 tbsp thyme leaves
2 eggs
130ml cold whole milk, plus a splash

For the filling

25g dried mixed mushrooms
750g chestnut mushrooms
500g portobello mushrooms
200g button mushrooms
3 tbsp olive oil, plus a drizzle if needed
50g butter
1 onion, thinly sliced
50g plain flour
1 tsp white wine vinegar
3 tbsp brandy
500ml mushroom or veg stock
1 tsp Marmite
150ml double cream
½ small bunch of tarragon, leaves picked and finely chopped

1 Wrap the butter in baking parchment or use its own wrapper and freeze for a few hours until solid, or overnight.

2 Tip the flour into a large bowl. Stir in the thyme and 1/2 tsp fine salt, then coarsely grate in the frozen butter, dipping the end in a little of the flour occasionally to stop it from clumping. Whisk 1 egg and the milk together, then pour this into the flour mixture and swiftly mix using a cutlery knife. Bring together using your hands and knead briefly, about 1 min, to form into a ball. Wrap and chill for 1 hr. Meanwhile, prepare the filling. Tip the dried mushrooms into a heatproof bowl and cover with 150ml boiling water. Set aside.

3 Chop half each of the chestnut and portobello mushrooms into 2cm pieces. Halve the rest, and keep the button mushrooms whole. Heat the oil in a large non-stick frying pan over a high heat and fry half the mushrooms for 10 mins, stirring until they start to turn golden brown. Transfer to a plate and repeat with the rest of the mushrooms, adding another drizzle of oil, if needed.

4 Melt the butter in the same pan over a low heat and fry the onion with a pinch of salt for 10-15 mins until soft and turning golden brown. Add the flour and cook for 2 mins more. Add the vinegar and brandy, and cook for 1-2 mins until almost reduced. Mix in the stock, a little at a time, and bring to a simmer. Add the Marmite, cream, 1/4 tsp black pepper and a little salt. Fold in the fried mushrooms and drained rehydrated mushrooms. Transfer to a bowl and leave to cool completely, then fold in the tarragon. *Will keep chilled for up to two days*.

5 Spoon the cooled filling into a 28cm fluted ceramic pie dish. Roll the pastry out into a 1cm-thick round, and cut several 1cm x 2cm strips from the edge. Lay the strips around the rim of the dish, pressing lightly into place. Reroll the remaining pastry, if needed, until large enough to cover the filling. Drape over the pie. Crimp the edge to seal, then trim any excess. Beat the remaining egg with a splash of milk and brush over the pie. Score the pastry lightly using a sharp knife. Cut out shapes using the pastry scraps and decorate the top, if you like, then brush with more egg wash. Chill for 30 mins, then brush over any remaining egg wash.

6 Heat the oven to 200C/180C fan/gas 6 and bake for 40-45 mins until golden brown. Rest for 15 mins. Serve with mash, greens and peas.

GOOD TO KNOW folate • 2 of 5-a-day
PER SERVING (8) 665 kcals • fat 43g • saturates 24g • carbs 49g • sugars 5g • fibre 5g • protein 14g • salt 0.82g

Egg & bacon pie, p96

Egg & bacon pie

For flaky pastry with a tender and slightly tangy crust, add buttermilk to the mix. You can also add cheese, roasted veg or other herbs to the filling mixture in step 6.

SERVES 6 **PREP** 1 hr plus a few hours freezing **COOK** 1 hr **EASY**

150g salted butter
300g plain flour, plus extra for dusting
6-7 tbsp buttermilk

For the filling

6 smoked bacon rashers, chopped into small pieces
1 tsp salted butter
1 onion, finely chopped
2 garlic cloves, grated
4 eggs, beaten, plus 1 egg beaten separately for glazing
1 tbsp Dijon mustard
100ml crème fraîche
½ whole nutmeg, grated
10g chives, finely chopped

1 Wrap the butter in baking parchment or use its own wrapper and freeze for a few hours until solid, or leave overnight.

2 Tip the flour into a large bowl, then coarsely grate in the frozen butter, dipping the end in a little of the flour occasionally to prevent clumping. Pour in the buttermilk and swiftly combine using a cutlery knife. Turn out onto a work surface and use a bench scraper to bring it together into a dough. Cut away a third, then shape both portions into discs. Wrap and keep chilled while you make the filling.

3 Put the bacon in a cold frying pan and set over medium heat. Fry until crisp, golden and the fat is released, about 5-6 mins. Remove to a medium bowl using a slotted spoon.

4 Melt the butter in the pan over a medium-low heat and cook the onion for 8-10 mins until softened and golden. Turn the heat up slightly, add the garlic and cook for 2-3 mins more until fragrant. Transfer to the bowl with the bacon and leave to cool for 10 mins.

5 Meanwhile heat the oven to 220C/200C fan/gas 8 with a large baking tray inside. Roll the larger pastry disc out on a lightly floured surface until it's roughly 30cm in diameter, or large enough to line a 23cm pie dish. Lift it into the dish and smooth out gently. Roll the smaller disc out until it's also about 30cm in diameter, and set aside.

6 Pour the beaten eggs into the bowl with the onion and bacon, whisking to combine, then stir in the mustard, crème fraîche, nutmeg and chives. Season with plenty of black pepper and a little salt. Pour the mixture into the pastry case. Dampen the edge of the pastry using a little water, then lift the other pastry disc over the top. Press a fork around or crimp the edge to seal. Cut a small cross into the centre to allow steam to escape, then brush the remaining beaten egg all over the top of the pie. Bake for 40-45 mins until golden.

7 Leave to cool completely before serving with cornichons and more mustard, if you like.

PER SERVING 580 kcals • fat 37g • saturates 21g • carbs 42g • sugars 3g • fibre 3g • protein 17g • salt 1.66g

---

Caramel apple pie

It's well worth making your own flaky shortcrust pastry for this dessert, but let the pie cool for two hours for the best result.

SERVES 6 **PREP** 2 hrs plus 2 hrs chilling and 2 hrs cooling **COOK** 1 hr **MORE EFFORT V**

300g plain flour, plus extra for dusting
3 tbsp caster sugar
200g cold salted butter, cut into cubes
1 tsp white wine vinegar
1 egg, beaten, for brushing

For the filling

1kg Granny Smith apples, peeled and cut into ½ cm-thick slices
1 lemon, zested and juiced
15g ginger, peeled and grated
1/8 tsp ground cloves
1 tsp ground cinnamon
1 tsp mixed spice
2 tbsp cornflour

For the caramel

200g caster sugar
100g salted butter, cut into cubes
30ml double cream

1 Tip the flour and sugar into a large bowl. Toss with the butter, then mix in the butter using two forks until you have medium clumps. Add the vinegar, then slowly add 120ml ice-cold water, 1 tbsp at a time, mixing into a shaggy dough.

2 Turn out onto your work surface and fold onto itself a few times – it should be pliable with streaks of butter throughout. If it's dry, fold a few more times with damp hands. If it's sticky, sprinkle over a little flour. When it comes together, divide in two and flatten into discs. Wrap. Chill for 2 hrs, or overnight.

3 Put the apples in a large bowl, squeeze over the lemon and add the zest. Tip in the spices and cornflour. Mix well with a spatula and set aside.

4 For the caramel, put the sugar in a medium saucepan over a low heat. Gently swirl to start to melt it. Once it has dissolved, turn up the heat and cook until it is a deep amber caramel making sure it doesn't burn.

5 Once the caramel is amber, stir in the butter until it has melted, then remove from the heat. Stir in the cream and sprinkle in a large pinch of salt. Cool for 10 mins, then pour it over the apples. Mix using a spatula.

6 Heat the oven to 200C/180C fan/gas 6. Roll one of the chilled dough discs into a 30cm circle and use it to line a 23cm pie dish. Line the pastry with a large scrunched-up sheet of baking parchment and fill with baking beans. Bake until golden and sandy, about 30 mins.

7 Roll out the remaining dough in the same way, then cut into 12 x 2.5cm-wide strips. Arrange six strips vertically parallel to each other, leaving a gap between each. Fold back alternate strips to where you want to lay your first horizontal one, working from the top. Lay that strip up against the folds of the vertical strips, then flip those over the horizontal one. Repeat the process working your way down.

8 Pour the filling into the pastry case, then lay the lattice on top. Brush over the beaten egg, then bake for 1 hr until golden. Leave to cool for at least 2 hrs (it will be very hot and the filling will time to firm up as it cools) before serving with ice cream or cold cream.

GOOD TO KNOW 1 of 5-a-day
PER SERVING (8) 626 kcals • fat 34g • saturates 21g • carbs 74g • sugars 41g • fibre 4g • protein 4g • salt 0.72g

Shoot director FREDDIE STEWART | Food stylist MATTHEW FORD | Stylist VIVI GARCIA

good FOOD HOLIDAYS

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TERMS & CONDITIONS *From price is per person, based on two people sharing a deluxe room for a one-night stay. Offer subject to availability and valid for Sunday to Wednesday night stays until 30 November 2025, blackout dates may apply. Price and itinerary correct at time of print but may be subject to change. Deposit required. Supplements available for extra nights and upgraded rooms. Tour is operated by and subject to the booking conditions of Belmond.

TS TOURS

Shaken & stirred for Halloween

Mix a spooky cocktail for a grown-up gathering, plus ideas for your drinks cabinet

recipe HANNAH GUINNESS
photograph TOM REGESTER

Purple rain

SERVES 2-3 **PREP** 20 mins
EASY V

- 25ml vodka
- 1 tbsp blue curaçao
- 25ml lime juice
- 75ml grenadine
- ice
- lemonade, for topping up
- lime wedge, to garnish

1 Pour the vodka, curaçao, lime juice and grenadine into a highball glass filled with ice, and gently stir.
2 Top up with lemonade and garnish with a lime wedge. (If it's not purple enough, try halving the amount of curaçao, or increase the grenadine by another 25ml.)

PER SERVING 330 kcals • fat none • saturates none • carbs 60.1g • sugars 44.9g • fibre none • protein 0.1g • salt none

Best buys

WHAT TO LOOK FOR IN OCTOBER

BEER

ROUND CORNER BREWING UNDERWATER SONG

Named world's best porter at the World Beer Awards 2024, this 8.2% ABV bevvy is punchy. Full of dark fruit and caramel notes, it's perfect for autumn. **£4.40 per 440ml can, *round cornerbrewing.com***

WHISKEY

FEW IMMORTAL RYE WHISKEY

Oolong tea is added to this cask-strength whiskey to bring it down to bottling strength – an unusual take that adds floral notes alongside the typical rye spiciness, with a long, warm finish. **£60.95 (70cl), *thewhisky exchange.com***

GIN

EIGHT LANDS SPEYSIDE SLOE GIN

This fruity gin is macerated with sloe berries and sugar for a balanced result that isn't too sweet – try it in a negroni. **£33 (50cl), *eight-lands.com***

COCKTAIL

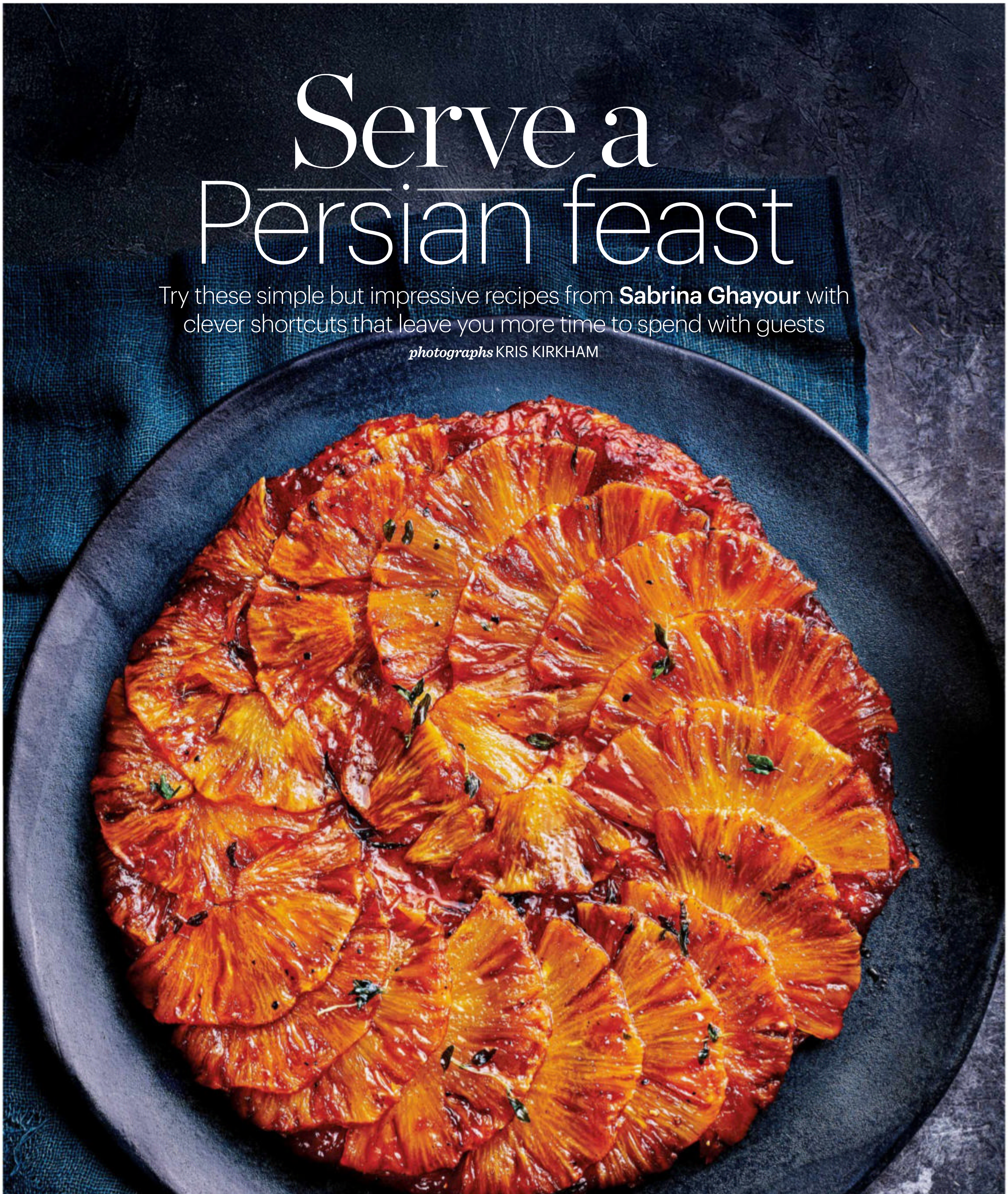
TOMMY'S FIZZ ESPRESSO MARTINI

The classic combo of vodka, coffee liqueur and espresso pack a punch in this bottled cocktail, while tonka bean adds extra-creamy depth to the vanilla backnotes. **£23 (70cl), Amazon**

Serve a Persian feast

Try these simple but impressive recipes from **Sabrina Ghayour** with clever shortcuts that leave you more time to spend with guests

photographs KRIS KIRKHAM



Pineapple, spiced caramel & thyme tatin, p102

British-Iranian chef and food writer Sabrina Ghayour is a self-taught cook and multi-award winning author known for her hugely popular supper club. She specialises in Persian and Modern Middle Eastern flavours, creating dishes that are bold, flavoursome and accessible. *@sabrinaghayour*

Fragrant chicken kofta patties

I love making koftas, but I don't make them with chicken as often as I'd like. Now that there is better availability of both lean (breast) chicken mince and fattier (thigh) chicken mince, there is no better time to embrace them. Thigh meat is fantastic for koftas, as it retains moisture and has so much more flavour than breast meat, making it especially worthy of spicing up.

MAKES 14 **PREP** 15 mins
COOK 25 mins **EASY**

Saffron flan, p90

- vegetable oil, for frying
- warmed flatbreads, steamed rice and thick Greek yogurt, to serve

For the koftas

- 500g chicken thigh mince
- 30g fresh coriander, finely chopped
- 1 lime, zested, reserving the lime to serve
- 2 tsp ground turmeric
- 1 tsp ground cumin
- 1 tsp pul biber chilli flakes
- 4 spring onions, thinly sliced
- 2 garlic cloves, finely chopped

1 Put all the kofta ingredients in a bowl with a generous pinch of salt and pepper. Using your hands, work it all together to a smooth paste.

2 Divide the mix into 14 equal portions and roll into balls, then gently press and flatten into patties about 1cm thick.

3 Heat a large frying pan over a medium-high heat, drizzle in some oil and fry the patties in two batches for about 5 mins on each side until firm and cooked through.

4 Serve with warmed flatbreads, steamed rice and thick Greek yogurt. Cut the leftover lime into 4 wedges and serve alongside for squeezing over the koftas.

GOOD TO KNOW gluten free

PER SERVING 61 kcals • fat 3g • saturates 1g • carbs 1g • sugars 0.2g • fibre 0.4g • protein 7g • salt 0.07g

Pineapple, spiced caramel & thyme tarte tatin

Apples aren't the only fruits that make a great tatin, pineapple is also fantastic and marries well with my love for spice. This is lovely served warm with whipped cream, custard or ice cream.

SERVES 6 **PREP** 15 mins
COOK 45 mins **EASY** **V**

plain flour, for dusting
500g block of puff pastry
150g caster sugar
½ tsp ground cinnamon
4 thyme sprigs, leaves only
500g fresh pineapple flesh (not canned), thinly sliced
25g unsalted butter, cut into small pieces

1 Heat the oven to 200C/180C fan/gas 6. Use a large skillet or ovenproof frying pan for your tatin. Dust a clean work surface with a little flour and roll out the puff pastry into a circle slightly larger than your pan.
2 Place your pan over a medium heat, scatter the sugar evenly over the base, then sprinkle over the cinnamon, 1/2 tsp black pepper and thyme leaves. Once the pan heats up, swirl the sugar around in the pan (don't stir) until it has dissolved and turns a deep caramel colour. Arrange the pineapple slices carefully in the pan (this will be the top of your tart), then add the butter around the pineapple, turn the heat up a little and cook for a few minutes until the pineapple starts to caramelise on all sides, shaking the pan occasionally to prevent the pineapple from sticking.
3 Remove the pan from the heat and place your pastry circle on top, tucking the edges carefully inside the sides of the pan all around, being careful not to burn your fingers on the hot caramel. Bake on the top shelf of the oven for 25-30 mins until the pastry is puffed up and deeply golden brown.
4 Remove the pan from the oven, then place a serving plate larger than the pan over it and carefully flip the pan and plate over together to turn the tart out on to the plate.

GOOD TO KNOW 1 of 5-a-day
PER SERVING 497 kcals • fat 25g • saturates 13g • carbs 60g • sugars 34g • fibre 4g • protein 5g • salt 0.71g

Smashed crispy potato chaat

For me, texture is everything. Crispy, chewy and soft combinations are all winners. Even better is when you borrow the genius way in which Indian chaat (meaning 'to lick') street food of many guises is finished off with multiple garnishes, which really makes for spectacular results. Yogurt, tamarind sauce, raw onion, coriander and crispy sev noodles will elevate even the simplest of dishes, which is why I thought I'd give the humble spud this special treatment and throw in some pomegranate seeds for good measure. If you can find sev, great, but given that cornflakes are found in some Bombay mix snack blends, I felt it was the perfect addition to give this recipe the crunch it needs.

SERVES 4-6 **PREP** 20 mins
COOK 45 mins **V**

1kg baby or new potatoes
olive oil, for drizzling
250g Greek-style yogurt
sweet tamarind sauce or pomegranate molasses
1 small red onion, finely chopped
½ small pack fresh coriander, finely chopped
80g pomegranate seeds
generous handful of cornflakes

1 Cook the potatoes in a large saucepan of boiling water for 15-20 mins until cooked through. Meanwhile, heat the oven to 240C/220C fan/gas 9.
2 Line your largest baking tray with baking parchment. Drain the potatoes and tip out onto a clean work surface.
3 Using a tumbler or cup with a flat base, gently crush the potatoes until they burst and flatten without breaking up (if they do, reshape them back together by hand).
4 Place the potatoes on the lined tray, drizzle each one generously with olive oil and season with salt and pepper. Roast for 30-35 mins until crispy and browned around the edges. Remove from the oven and arrange on a serving platter. Drizzle over the yogurt, followed by tamarind sauce or pomegranate molasses, then scatter over the onion, coriander, pomegranate seeds and cornflakes. Serve immediately.

PER SERVING 266 kcals • fat 10g • saturates 4g • carbs 35g • sugars 10g • fibre 4g • protein 6g • salt 0.33g

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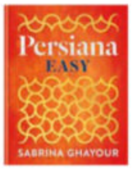

Recipes are extracted from *Persiana Easy* by Sabrina Ghayour (£28, Mitchell Beazley) and not retested by us.

Smoked aubergine salad with pickled chillies & feta

Smoked aubergines are one of the most special dishes from the Middle East and Asia – the kiss of fire really does make things taste better. This salad is finished with creamy feta and the all-important pickled chillies that I absolutely love. Serve on its own or as a side to any meal.

SERVES 6 **PREP** 20 mins plus cooling
COOK 30 mins **EASY** V

4 large aubergines
100g feta, crumbled
3 garlic cloves, finely chopped
20g fresh coriander, finely chopped, some reserved for garnish
20g dill, finely chopped, some reserved for garnish
150g thick Greek yogurt
1 lemon, zested and juiced
1 heaped tsp ground cumin
1 heaped tsp paprika
1 heaped tsp dried mint
2-3 red pickled chillies, thinly sliced
olive oil, for drizzling
warmed pittas, to serve

1 Char the aubergines whole over the open flame of a gas hob or on a barbecue using tongs to rotate them until the skin is burnt and blistered and the flesh has collapsed by half. Leave to cool.

2 Holding the stalk end, make an incision down one side of each aubergine without cutting all the way through and open out. Scoop out every little bit of flesh into a sieve and drain off any excess liquid, then finely chop and add to a mixing bowl. Discard the skins.

3 Add half the feta and all the remaining ingredients, except the pickled chillies and olive oil, season generously with salt and pepper and mix everything together well, making sure not to overwork the mixture. Check and adjust the seasoning if desired.

4 Spread the aubergine mixture across a large plate, then scatter over the remaining feta. Sprinkle with the pickled chillies and reserved fresh herbs and add a drizzle of olive oil. Serve with warmed pittas.

GOOD TO KNOW fibre • vit c • 1 of 5-a-day • gluten free
PER SERVING 181 kcals • fat 12g • saturates 5g • carbs 8g • sugars 6g • fibre 6g • protein 7g • salt 0.94g

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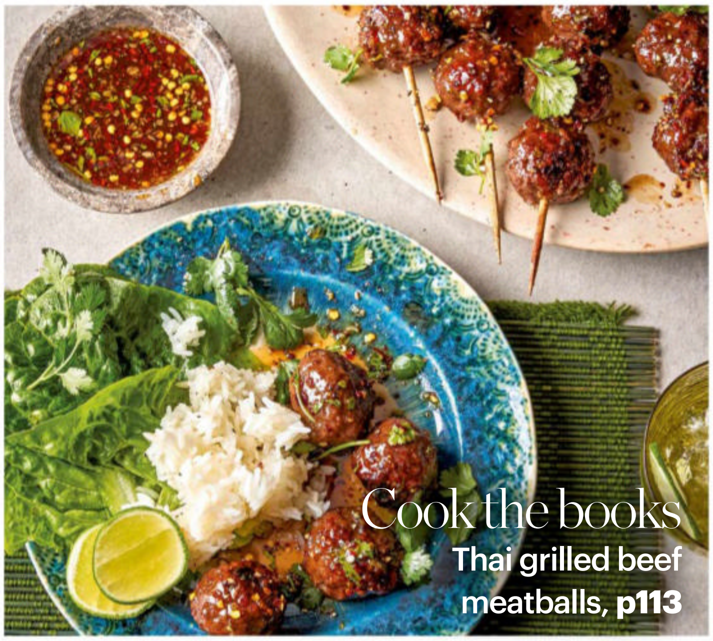
IN *the* KNOW

Sharpen your skills in the kitchen with our expert guides
and make a note of the latest cookbooks and events to catch

Learn something new

How to elevate your game, p106



Cook the books

Thai grilled beef meatballs, p113

Cheeseboard

Award-winners, p110

Learn something NEW

HOW TO ELEVATE YOUR *game*

What is game?

Game refers to wild animals that haven't been farmed. That includes feathered game – like partridge, pheasant, wild duck and wood pigeon – and furred game, such as rabbit, hare and venison.

Venison is more available year-round, especially the muntjac, which has no close season due to its high numbers. Wood pigeon is also available all year. Other game birds are seasonal – grouse starts with the Glorious Twelfth (12 August), followed by partridge and duck in September, and pheasant in October. Most bird seasons end by 31 January.

There are so many reasons to eat more game. It's wild, lean, high in protein and rich in nutrients thanks to the animals' natural diets and active lifestyles. It's also incredibly sustainable. Venison, for example, is massively overpopulated in the UK, so we need to cull more – and to do that responsibly, we need people to eat more of it. Game is full of flavour, often very affordable, and deeply connected to nature and place. What's not to love?

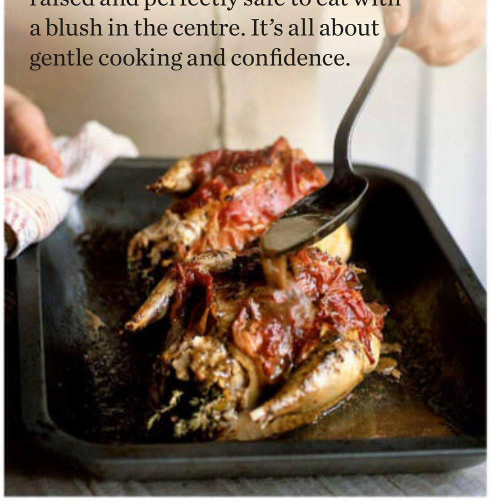
PARTRIDGE VS PHEASANT

Both birds are great entry points for anyone new to game. The main difference is size. Partridge are much smaller – around 300-500g – so they're perfect for individual portions. Pheasants are bigger, anywhere from 800g to 1.2kg depending on the bird, so better suited to sharing. In the UK, we've got two types of partridge – the native grey-legged (which is rare now) and the more common red-legged partridge, introduced from France. I prefer the smaller pheasants that come later in the season, when they've had time to feed on maize and develop a beautiful yellow fat; that richness gives them fantastic depth of flavour. These days, the meat is handled so well – from shoot to dealer – that it's clean and mellow. You can swap chicken for pheasant or partridge in most home recipes.

Over the next few months we'll look at what you can do with British game, starting with advice from chef and expert **Mark Kempson**

HOW TO ROAST GAME BIRDS

Game birds are lean, so the key is to add fat. I often lay bacon over the breasts, which helps keep them moist as it renders. I'd also recommend untrussing the bird so the legs cook more evenly with the breast. A hot oven gives great colour and fast cooking, especially for smaller birds like partridge. Resting is essential – it lets everything relax and stay juicy. And don't be afraid of a little pink. These birds are wild, naturally raised and perfectly safe to eat with a blush in the centre. It's all about gentle cooking and confidence.



VENISON 101

Venison is one of the most sustainable meats, as well as being versatile and far cheaper than beef or lamb. You can use it just like beef – steaks, braises, mince. It comes from six species in the UK – red, fallow, sika, roe, muntjac and Chinese water deer. I love muntjac for its small size and sweet flavour, but fallow is my favourite overall for the taste, size and texture. When buying venison, look for deep colour and firm texture. I recently barbecued muntjac haunch muscles at home with a Texan rub, and it was outstanding.

& don't miss

In the next issue, learn why venison is Tony Naylor's top choice for Christmas. Plus, comforting game recipes in our December issue.

WHAT'S THE ONE...

..fondest memory you have of eating game?
I remember going to Langan's on a day off to try grouse (the classic dish with bread sauce, game chips and watercress). It was unforgettable. That meal really opened my eyes to how special game can be.

...lesser-known type of game you champion?
I love hare – roast saddle on the bone is a beautiful winter dish, especially with creamy polenta and prunes.

...game bird you love best?
Grouse, without a doubt. It marks the start of the season and brings a real sense of anticipation. It's the most regal of all the game birds – lean, flavourful and very special.

...ingredient you most like to pair with game?
Nature gives you the perfect pairings, so autumn fruits. Think damsons, blackberries, plums – anything tart and sweet. I love preserving them into jellies or ketchups.

...misconception people have about game?
That it's strong-tasting or difficult to cook. Neither is true. It's handled so much better now, so you're tasting the natural flavour of the meat, not something overly 'gamey'. And cooking it is simple – treat white game like chicken, red game like beef, keep it pink and rested, and you're good to go.

...best-selling game dish on your menu?
Anything with venison. People come specifically for our game dishes. In October, we have a special game evening on the 9th, then we'll run a game menu with grouse, partridge, mallard and more. It's always a highlight of the year.

Mark Kempson is head chef at London's Kitchen W8, and has held a Michelin star there since 2011. Kitchen W8 will run a game tasting menu from 13-26 October. *kitchenw8.com @kitchenw8* and *@markkempsonchef*

Next level

ROAST CHICKEN & GRAVY

Learn the secrets to making the ultimate roast chicken with juicy meat, flavourful gravy and crisp, golden skin guaranteed

recipe BARNEY DESMAZERY
photograph MELISSA REYNOLDS-JAMES

DRY BRINING

Salting the chicken in advance ensures it's seasoned all the way through and also draws moisture to the surface as it chills. This results in succulent meat and crispy skin.

SHAKE & BAKE

Baking powder also helps bring excess moisture to the surface – any that doesn't evaporate in the fridge will do so as it roasts to ensure dry, extra-crispy skin.

SPATCHCOCKING

Removing the backbone and flattening the bird enables an even roast, so you can cook at a higher temperature (see below).

TURN UP THE HEAT

A higher temperature means the skin crisps up before the meat overcooks. Because the skin is coated in fat, it basically fries.

ON THE RACK

Cooking the chicken on a wire rack means that heat can circulate around it in the oven, so it's cooking from underneath as well as above.

USE A THERMOMETER

A digital thermometer helps you be precise. In this recipe, we remove the breast crown at 65C – lower than usual, but totally safe – to ensure juicy meat. As it rests, the residual heat in the outermost parts actually causes the internal temperature to rise slightly, so by the time it's ready to serve, it will be perfect. The legs need a bit longer, so we roast them until they reach 70C.

GRAVY WITH BACKBONE

Using the roasted backbone to make the gravy creates deeply savoury flavour without the need for extra stock (or roasting a separate carcass).

Shoot director FREDDIE STEWART | Food stylist JESSICA MCINTOSH
Stylist HANNAH WILKINSON

Next level roast chicken & gravy

The trouble with a traditional roast chicken (or any whole roasted bird) is that the legs and breast have different cooking times, resulting in either an overcooked breast (if you want tender leg meat) or tough leg meat (if you prefer succulent chicken breast). Our version takes this dilemma into consideration, applying techniques to ensure you get the best of both worlds, as well as a crackling crisp skin and no-waste gravy. You may not be able to bring a whole bird to the table, but you'll be serving the best roast chicken your guests have ever tasted.

SERVES 6 **PREP** 20 mins plus at least 24 hrs chilling **COOK** 50 mins
MORE EFFORT

- 1 whole chicken (about 1.5-1.8kg)
- 1 tbsp sea salt flakes
- 1 tsp baking powder
- 1 onion, unpeeled, roughly chopped
- 1 large or 2 medium carrots, unpeeled, roughly chopped
- 1 small thyme sprig
- 2 garlic cloves, bashed
- pinch of caster sugar
- 3 tbsp clarified butter, melted, or use sunflower oil
- 1 heaped tbsp plain flour
- 100ml white or red wine (optional)
- 1 tsp soy sauce
- 400ml hot chicken stock, made using 1 stock cube

1 Up to two days in advance but at least one day ahead, put the chicken on a board, breast-side down, so the backbone is facing you. Cut along both sides of the backbone using kitchen scissors, then remove it, reserving it in the fridge (covered) until needed. Turn the chicken over so it's breast-side up, and press down firmly on the breastbone to flatten it. Rub the salt evenly all over the the bird – use about 1/2 tsbp on each side – then put the chicken on a wire rack set over a roasting tin or baking tray, skin-side up. Sprinkle over the baking powder, then put in the fridge to chill, uncovered, for at least 24 hrs or up to 48 hrs.

2 Take the chicken out of the fridge at least 1 hr before cooking so it can return to room temperature. Heat the oven to 240C/220C fan/gas 9. Cut the chicken backbone into three or four smaller pieces. Lift the rack off the tin and scatter the chopped backbone, the onion, carrots, thyme and garlic into the roasting tin. Scatter over the sugar and drizzle over 1 tbsp of the melted butter, then toss to coat everything. Sit the rack with the chicken directly on top of the veg, then brush the rest of the butter all over the bird. Roast for 30-35 mins, or until the skin is golden and the thickest part of the breast registers 65C on a digital thermometer.

3 Lift the chicken onto a board and carefully carve away the legs, leaving the crown and wings intact. Shake the tray or tin to move the veg around, then sit the rack back on top. Return the legs, skin-side up, to the rack and put in the oven for 10-15 mins more, or until the skin on the chicken legs is super-crisp and the thickest part of the leg registers 70-75C. When ready, put the legs, skin-side up, next to the crown on the board to rest while you make the gravy. (If you have them, you can cut the feet away from the drumsticks and add to the tin, too.)

4 If the tin is flameproof, put it on the hob over a medium heat. If not, scrape everything from the tin into a saucepan, using a wooden spatula to scrape up any sticky bits from the base, and set over a medium heat. Scatter in the flour and cook, stirring continuously until the mixture resembles a sandy paste. Splash in the wine, if using, and soy sauce, and bubble for 4-5 mins until you have a sticky paste. Pour in the stock, bring to the boil and cook for 5 mins until you have a thick, amber-coloured gravy. Pour in any resting juices from the chicken, taste for seasoning, then strain into a gravy jug. Divide the crown in two so you have two leg quarters and two breast and wing quarters. Arrange on a serving platter and grind over a little black pepper, if you like, then serve alongside the the gravy and your choice of sides.

PER SERVING 476 kcals • fat 28g • saturates 10g • carbs 5g • sugars 1g • fibre 1g • protein 49g • salt 3.64g

CHOOSE A
champion cheese

Britain's artisan producers are thriving, with more standout cheeses being made than ever before. Try these recent award-winners

words KEITH KENDRICK *photograph* CHELSEA BLOXSOME

Virtual Cheese Awards 2025
Best Traditional Extra Mature Cheddar

1 MONTGOMERY EXTRA MATURE CHEDDAR

The maker JA & E Montgomery, Somerset
Flavour profile Montgomery's extra mature cheddar is the epitome of traditional, handmade, unpasteurised Somerset cheddar. The fuller flavour that the 18 months of maturation brings to the palate is nuttier. The spiciness rises also, which gives it a more peppery taste.
Why it won "This traditional cheddar has a wonderful aroma of musty cellars, with a grassy earthiness and insane flavour: sharp and tangy, with Marmite and Bovril notes. Incredible!"
Buy it £7 (250g), *montgomerycheese.co.uk*

British & Irish Cheese Awards 2025
Supreme Champion

2 BURFORD

The maker King Stone Dairy, Gloucestershire
Flavour profile A washed-rind, Alpine-style cheese made with single-herd organic cow's milk. Flavour notes of charcuterie, hazelnut and tropical fruit.
Why it won "A fantastic example of a cheesemaker working with superb milk to produce a cheese reflecting the land from which it came."
Buy it £13.69 (250g), *finecheese.co.uk*

British & Irish Cheese Awards 2025
Best English Cheese

3 CLARA

The maker Harvey & Brockless, Worcestershire
Flavour profile With a dark grey rind and brilliant white paste, this ash-coated goat's cheese is dense and creamy, with buttery, lemony notes.
Why it won "This really got the judges talking, heaping praise on its rich and creamy yet delicate texture, zesty character and long savoury finish."
Buy it £9.99 (200g), *harveyandbrockless.co.uk*

Virtual Cheese Awards 2025
Supreme Champion

4 BLUE STILTON

The maker Cropwell Bishop Creamery, Nottinghamshire
Flavour profile This blue stilton has a rich, tangy flavour and velvet-soft texture that makes it melt in the mouth.
Why it won "This is a very good example of a stilton, with a malty, biscuity aroma, rich blue veining, fudgy texture, creamy mouthfeel and an explosion of brothy flavours."
Buy it £38 per quarter (about 1.75kg), *cropwellbishopcreamery.co.uk*

Artisan Cheese Awards 2025
Best Soft Cheese

5 SLACK-MA-GIRDLE

The maker Charles Martell & Son, Gloucestershire
Flavour profile A natural-rind, full-fat cow's milk cheese with an oozing texture and delicate flavour profile, including buttery and lemony notes.
Why it won "What a moreish cheese – creamy and smooth, not too acidic, and with a toothsome, earthy rind."
Buy it £35 (700g), *charlesmartell.com*

Artisan Cheese Awards

The Artisan Cheese Awards were founded in 2016 to support small cheesemakers throughout the UK and Ireland, with an upper limit of 400 tons of cheese produced per annum to qualify for entry. Held at St Mary's Church in Melton Mowbray, the awards have become one of the most beloved and respected events in the cheese calendar.

British & Irish Cheese Awards

Run by The Royal Bath & West Society in Somerset, the British & Irish Cheese Awards is the UK and Ireland's leading cheese and dairy products awards scheme. Now hosted by the Bath & West Food & Drink Festival, the event brings together cheesemakers, cheesemongers, farmers, retailers and cheese lovers each year.

Virtual Cheese Awards

The Virtual Cheese Awards were founded in 2020 to help celebrate and support British cheesemakers who struggled to produce and sell stock during the Covid-19 pandemic. The awards have grown steadily in the last five years, with more than 250 individual entries from British cheese producers considered in 2024 and thousands of people watching the live final.

Affineur of the Year 2025
Champion

DILLON

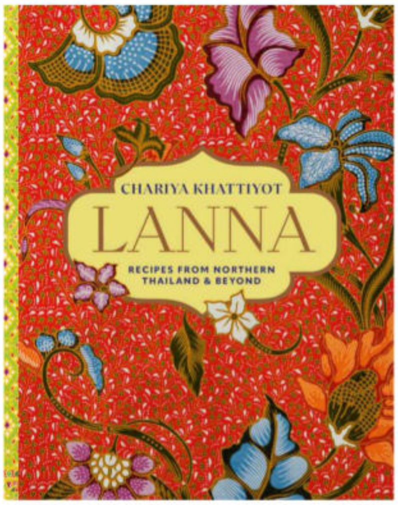
The maker Perry Wakeman of Rennet & Rind
Brief summary Perry Wakeman lifted the Affineur of the Year trophy – an award that highlights the skill involved in ageing cheeses – for the third time with his refinement of Quicke's cheddar, made using an aggressive aging strategy and spiked rolling device for a complex, intense flavour.

Shoot director LAURIE NEWMAN | Food stylist AMY KINNEAR | Stylist HANNAH WILKINSON

BOOKS *for* COOKS

Our resident reviewer Fiona Forman tries Thai meatballs from *Lanna* by **Chariya Khattiyot** and casts her eye over other new titles

recipe photograph CLARE WINFIELD



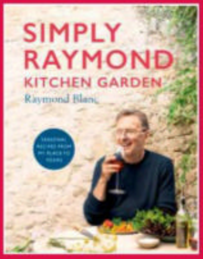
Formerly a master coffee roaster, Chariya Khattiyot won *MasterChef* 2023, and is one of my favourite ever contestants – she was so warm and genuine, and her Northern Thai cooking was unlike any Thai food I'd seen before – the judges described it as 'exciting, beautiful and addictive'.

Chariya was raised by her grandad in Chiang Mai and money was scarce so he taught her to make the most of what they had growing around them. Chariya recalls, 'Our home was surrounded by fruit trees, vegetables and herbs, which became part of our daily meals. We would go outside in the morning and pick whatever was available, turning simple ingredients into flavourful dishes. We would make curries with wild vegetables, stir-fries with fresh herbs and even snacks using fruit from the trees. Nothing went to waste.'

She learnt to cook as a child watching her family making meals, 'The way they balanced flavours and turned simple ingredients into something special fascinated me.'

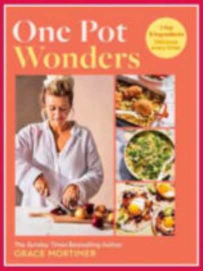
Lanna is Chariya's first book and it's packed with bold, exciting dishes from Northern Thailand – there are spicy stir-fries and soups, comforting curries and street food, and plenty of dishes that are more familiar in the UK, like pad Thai, massaman curry and a vivid Thai green chicken curry. Chariya provides alternatives for any harder-to-find ingredients such as swapping fresh galangal for ginger, which makes all the recipes achievable for the home cook.

For this column, I decided to make her grilled beef meatballs – the dish that got her through to the finals on *MasterChef*. When I was mixing them, I felt a bit dubious about blending in ice as it does look a bit strange (a sort of Halloween-esque gloop) but trust me (and trust Chariya) adding ice gives them that tender, firm consistency you want. The finished dish is everything that good Thai food should be – sweet, salty, sour, spicy and addictive. They're fun to eat too – pile the meatballs into lettuce leaves with sticky white rice, drizzle over a generous amount of sauce and tuck in.



***Simply Raymond Kitchen Garden* by Raymond Blanc (£26, Headline Home)**

This book pays homage to the incredible produce Raymond and his team grow and cook with at his Michelin-starred restaurant, Le Manoir aux Quat'Saisons (see p98). There are over 90 recipes including salads, tarts, hearty mains, celebration dishes and desserts. It's a timeless cookbook you'll use again and again.



***One Pot Wonders* by Grace Mortimer (£20, HQ)**

Forget long shopping lists and using every pan in the cupboard, make mealtimes easier with Grace Mortimer's latest book – all the recipes need just five ingredients and, as the title says, they're made in one pot. It's amazing how much flavour she can pack in with just a few ingredients, from crispy chicken and leek with parmesan beans to creamy spinach and walnut spaghetti, this is a great book for easy family cooking.

Chariya's recipe

Look chin nuea yang (Thai grilled beef meatballs)

This was the dish I made during the semi-finals of MasterChef, and it's one I'll never forget. I paired the smoky, charred meatballs with a homemade spicy sauce that brought out the best in each other. The feedback was incredible. One of the judges said, 'She kicks like she means it!' – a comment I proudly took as a compliment to the bold, punchy flavours. This dish reflects my love for authentic Thai street food and the vibrant tastes it brings to the table.

SERVES 2-3 **PREP** 20 mins
COOK 15 mins **EASY**

For the meatballs
500g beef mince (5% fat)
2 tbsp caster sugar
1 beef stock cube, crumbled
2 tbsp cornflour
2 tsp baking powder
100g ice
large bowl of ice-cold water
flavourless oil, for the baking tray or grill pan
For the dipping sauce
2 tbsp dried chilli flakes
4 garlic cloves, crushed
3 tbsp tamarind paste
100g brown sugar
2 tbsp fish sauce
2 coriander sprigs, chopped
To serve
coriander leaves, roughly chopped
lime wedges
steamed jasmine or sticky rice
lettuce leaves, for wrapping

1 In a food processor, combine the beef, sugar, crumbled stock cube, cornflour, baking powder plus 1 tsp black pepper and 1 tsp salt. Pulse until the mixture is well combined.

2 Gradually add the ice to the food processor and blend until the mixture becomes smooth, sticky and paler in colour. This step gives the meatballs a firmer texture.

3 Wet your hands with cold water to prevent sticking. Scoop up a small amount of the beef mixture, about the size of a ping pong ball. Hold it loosely in your hand and gently squeeze it between your thumb and index finger to form a ball that pops out at the top of your fist. Use your other hand to pinch it off and shape it further, if needed. Repeat with the remaining mixture.

4 Bring 2 litres of water to the boil in a saucepan. Reduce to a simmer and gently lower the meatballs into the water and cook for 4-5 mins or until they float to the surface. Remove with a slotted spoon and immediately transfer to a bowl of ice-cold water to stop the meatballs cooking and firm up the texture. Drain and set aside until needed.

5 Heat a grill or grill pan over a medium heat. Lightly oil the surface to prevent sticking. Thread 3-4 meatballs onto a skewer and grill, turning occasionally, for 6-8 mins, or until cooked and lightly charred.

6 Meanwhile, prepare the dipping sauce. Combine all the ingredients in a small bowl with 50ml hot water. Stir until the sugar dissolves and everything is well mixed.

7 Serve the grilled meatballs garnished with coriander alongside lime wedges for squeezing over. Accompany the meatballs with rice and/or lettuce leaves for wrapping, and the dipping sauce.

PER SERVING (3) 505 kcals • fat 10g • saturates 4g • carbs 66g • sugars 54g • fibre 3g • protein 37g • salt 5.9g

Recipe adapted from Lanna by Chariya Khattiyot, (£22, Ryland Peters & Small). Photography by Clare Winfield

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Head to the Producers Village to discover hidden gems as you meet small artisan producers and discover up-and-coming brands you won't find in the supermarket. From the vibrant flavours of Atrangi Chutneys, decadent Benona Chocolates, and luxurious treats from The Peanut Butter Store, it's foodie treasure hunting at its finest...

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Sip your way through the Drinks Cabinet and uncover the perfect tipples for the winter season. Indulge in the rich, handcrafted chocolate liqueurs from Joris Liqueurs, savour the velvety Irish cream from Five Farms and enjoy refreshing botanicals from Fentimans. Cheers to seasonal sipping in style!

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GET OUT AND ABOUT

Get set for Halloween in Belfast, celebrate Diwali in central London or sample Scotland's best whiskies in Edinburgh

compiled by RACHEL GUNTER

Scottish National Whisky Festival

25 October

Explore, shop and sample Scotland's best whiskies, with more than 100 distilleries and independent bottlers represented. Plus, enjoy cocktail pop-ups, live music and seminars to learn more about it.

Location Biscuit Factory, Edinburgh

Tickets £45 (plus fees) for general admission, *scottishnationalwhiskyfestival.com*

Brecon Beacons Food Festival

4 October

With more than 60 Welsh producers attending this annual event, there's something for everyone to sample, including small-batch ice cream, Welsh cakes, charcuterie, local honey, wine, Caws Teifi cheese, pickles, cider and even moonshine.

Location Brecon Market Hall, Brecon, Wales

Tickets free

breconbeaconsfoodfestival.co.uk

Streamvale Open Farm pumpkin patch experience

4-5 and 10-31 October

Take the kids to the farm to pick their Halloween pumpkin and carve it on-site, then choose some treats in the Spooky Sisters' Sweet Shop. They can also make monster masks, enjoy a tractor ride, haunted house, disco, or simply feed the animals.

Location Belfast, Northern Ireland

Tickets from £6.50 (for ages 1-2, including a pumpkin), *streamvale.com*

Wells Food Festival

12 October

Meander through the artisan market at this city-wide festival, where over 200 stalls offer bakes, cheeses, preserves, spirits, wines and more from local traders. There are also cookery demos for all ages, street food stalls and informative talks on food waste, composting and sustainablity.

Location Wells, Somerset

Tickets free, *wellsfoodfestival.co.uk*

Diwali on the Square

12 October

Join in celebrations for the Festival of Light (20 October) in the heart of London. There will be interactive experiences, performances and other live entertainment throughout the day, from dance workshops and yoga sessions, to cultural activities and children's crafts. It's a fun day out that also offers the chance to learn more about Diwali and its cultural and spiritual history.

Location Trafalgar Square, London

Tickets free, *diwaliinlondon.com*

After shopping, enjoy the street food stalls at Wells Food Festival

Photographs JOHN LAW

good FOOD HOLIDAYS

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You'll be joined by top Italian chef Gennaro Contaldo, who'll host a talk, Q&A and cooking demonstration, and accompany you on a visit to Rialto's famous market, where he'll talk you through some of the wonderful Italian produce on offer.

The food served on SS La Venezia is inspired by traditional Italian cuisine. Ashore, you'll also visit the Dominio di Bagnoli – one of the oldest wine-producing properties in Europe – for a private tasting.

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- All meals and unlimited beverages on board, including fine wines and spirits
- Captain's welcome and farewell receptions, and gala dinners
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- VIP access to the Doge's Palace
- Exclusive private after-hours ceremony in St Mark's Basilica
- A visit to Vicenza or Padua
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TS TOURS

5 of the best SOUP MAKERS

For when you need a quick and cosy supper solution, these models are tried and tested

words NATALIE BASS

Best for budget

Daewoo 1.6-litre soup maker

If you want a basic soup maker that doesn't break the bank, this is a good option. The settings include smooth, chunky, juice and blend, plus there's an LED display with a countdown timer. The stainless-steel jug is sturdy and has a 1.6-litre capacity, which is ideal for families or batch cooking. There are no handy extras like a keep-warm function, but this is still great for the price. **Available from Currys (£49.99)**

Best for versatility

Tefal Perfectmix Cook soup maker

While many soup makers come with additional functions, this 10-in-1 model goes the extra mile. You can make jams, cakes, milkshakes and even your own plant-based milk. The touchscreen controls are simple to navigate, with options to adjust the speed, time and temperature, and the 1.75-litre jug is robust and stain-proof. It's expensive, but it's a powerful machine with many uses. **Available from Tefal (£199.99)**

Best for value

Tower Vizion soup maker

Offering a 1.6-litre capacity, this promises smooth and chunky soups, juices and blending options, plus a cleaning function, although that proved to be less effective than other models we tested. On the plus side, the BPA-free jug is lightweight, stain- and scratch-proof, so you needn't worry about tomatoes leaving a stubborn residue. The digital controls are easy to use and the manual has clear instructions, too. **Available from Tower (£69.99)**

VIZION
TOWER

Best for batch cooking

Morphy Richards Clarity soup maker

This 1.6-litre machine comes with two standout features: a keep-warm setting that's ideal for second helpings, and a fold-down handle on the lid that allows for easy storage. We also liked the Tristan plastic jug, which offers a clear view of what's going on inside. The blend setting needed a little longer and the clean function was a tad hit-and-miss, but we achieved a great consistency every time. **Available from Morphy Richards**

morphy richards
soupmaker
clarity

Best for small kitchens

Lakeland compact soup maker

Lightweight and easy to use, this one-litre jug-style soup maker can whip up two generously sized portions in just 25 minutes. It's versatile for such a compact gadget, with options for creating smooth and chunky soups, plus a blend setting for sauces, milkshakes and juices. We liked the cleaning function, too, which saves time and hassle – simply fill the jug with hot water and soap, and let the soup maker handle the rest. **Available from Lakeland (£59.99)**

HOW WE CONDUCT OUR REVIEWS

We test and research a range of products in each category to ensure every budget is represented. Products must meet criteria to be shortlisted, including nationwide availability through an online retailer. Shortlists for testing always include a minimum of 10 products. Test matrices have specified testing criteria, including sustainability, energy usage and packaging.

Prices correct at time of printing

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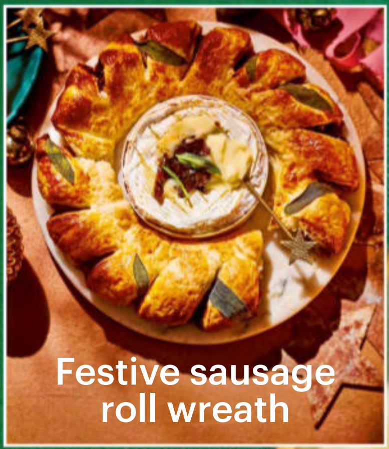
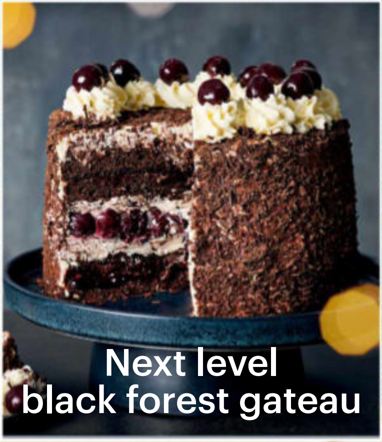

Festive sausage roll wreath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PLANET FRIENDLIER

The grains trust

Hear from the British growers and artisan producers leading this tastiest of revolutions

words TONY NAYLOR

“Eating a wider variety of grains and pulses is a great route to a more sustainable diet — source them from regenerative UK farms, and the upsides for the planet are even greater”

The regeneration game: Wildfarmed, UK

In the 2000s, Andy Cato toured the world as one half of dance music duo, Groove Armada. But by 2014, the musician and DJ began farming in France, where, battling the weather, weeds and conventional wisdom, he was determined to cultivate his land using regenerative farming methods.

Early setbacks almost sunk the project. Farming, says Andy, can be, “a lonely, dark place”. But what he learned in Gers, France, fired his ambition. By the time Andy was milling his own wheat and selling bread from his farm bakery, he wanted to offer sustainable food with a “field-to-plate traceable link” to more people. “The mission was, ‘how do we make this a high-street choice?’”

WILDFARMED
FARMING FOR NATURE
REGENERATIVE
SLICED SEEDED

The answer was Wildfarmed, co-founded with Edd Lees and George Lamb, which, since 2018, has grown into a network of 150 mainly British farms. Collectively, their wheat produces the Wildfarmed flours now found in restaurants and on UK supermarket shelves. Wildfarmed also makes breads and supplies oats and barley; the latter to breweries, including Jubel.

For farmers, switching to regenerative methods is risky. Conventional farming uses various chemical treatments to, says Andy, “control nature”. The regenerative approach, which aims to radically improve soil health, minimises the use of such treatments (Wildfarmed bans pesticides on its crops, for example). Instead it requires farms to work in “collaboration with nature”, with minimal ploughing, and fertilising land by intermingling crops, plants and grazing animals, which can be a challenge for newcomers.

Wildfarmed eases that transition by offering expert guidance and guaranteed prices to its farmers. As a phrase or concept, ‘regenerative farming’ is criticised for lacking clear definition and rules. But Wildfarmed farms are required to adhere to key methods and standards, subject to third-party auditing. Wildfarmed also works with scientific partners to verifiably measure the positive impact of regenerative practices, in terms of biodiversity, water quality and carbon emissions.

To an extent, Wildfarmed’s flours, created using blends of wheats, stand or fall on flavour.

“There is a correlation between how you grow, taste and quality,” says Andy, who now farms in southern England. But he feels Wildfarmed must actively explain its approach to the buying public: “If you’re saying to them, ‘pay a bit more for this flour’, they quite reasonably say, ‘why?’.” Such transparency is essential to generate buy-in and inspire other businesses to back sustainable farming. “We’ve got a small amount of ecological road left,” warns Andy. “We need Wildfarmed-type businesses for cabbages, carrots – everything.” *wildfarmed.com*

> “Conventional farming uses various chemical treatments to “control nature”

Setting pulses racing: Hodmedod's, East Anglia

"Pulses have really had a moment," says Hodmedod's co-founder, Nick Saltmarsh. Foodies have rediscovered beans, lentils and peas as a delicious essential in many vibrant global cuisines – and as sustainability superheroes.

Hodmedod's has played a distinctive role in that glow-up. By working with British farmers to realise pioneering harvests of lentils, and creating a retail range that runs from canned UK fava beans to smoked paprika yellow peas, its promotion of UK-grown pulses has, since 2012, encouraged foodies to revaluate how pulses are grown and their potential.

The Hodmedod's journey started during research into an ideal UK diet, in which its co-founders discovered that fava beans, grown here in significant volumes for centuries, are exported or sold as animal feed, but not eaten domestically. That seemed bizarre. Fava taste fantastic (they are prized in Egyptian cuisine), and, like all pulses, this low-intensity, planet-friendly crop 'fixes' nitrogen in farm soils, acting as a natural fertiliser.

Hodmedod's saw great potential in turning shoppers onto fava and other British-grown pulses such as carlin peas (Hodmedod's answer to the chickpea), would create a nutritious, sustainable new food source almost out of nowhere. "There's need for change across the system. We want to demonstrate where things can be done differently and better," says Nick.

Exemplifying that, Hodmedod's works closely with over 30 UK farms, not because it opposes imports (in fact, Hodemeod's sells organic French borlotti), but because it values the provenance insight such proximity enables. Insight that is impossible in a remote system of globally traded foods. "If you know who's grown your food and how, that incentivises production done the right way," says Nick.

Thirteen years in, Hodmedod's supplies a range of co-branded products to Holland & Barrett nationally, handles over 1,000 tonnes of pulses annually, and has expanded its portfolio of traceable, sustainable foods to include items as diverse as seaweed and edible grains, such as pearled spelt. With around 700,000 tonnes of pulses grown annually in the UK, Hodmedod's impact is small. But, "in a symbolically significant way", says Nick. It has proven that, "there are opportunities to change farming, our diets and get more diversity into both."
hodmedods.co.uk

> We want to demonstrate where things can be done better

Hodmedod's
British grown
ORGANIC
WHOLE FAVA
BEANS

> Every decision is taken with sustainability and quality in mind

Next level carb fest: Northern Pasta Co, Kendal

"The challenge is people don't even look at the pasta aisle. You just reach out and chuck your pasta in," explains Imogen Royall, co-founder of Northern Pasta Co. This young company is determined to make pasta as planet-friendly as possible, and make your choice of pasta "an intentional purchase".

For Imogen and her husband Matt Kenyon, who is a former builder, their zeal for sustainability goes back to growing up in Cumbria, "surrounded by beautiful nature," says Imogen. "You want to look after that". But it wasn't until Imogen, then working in an artisan bakery, began to take an interest in ancient grains, that their outlook began to coalesce into a business. Imogen was finding ancient wheats, such as spelt, easier to digest, and was also fascinated by how such hardier wheat varieties can thrive in regenerative UK farming systems. They wondered, could ancient grains be used to make pasta?

During the pandemic, Imogen and Matt would go on a deep dive of YouTube pasta tutorials and Reddit threads as they experimented with spelt flour pastas at home. There is some history of spelt pasta-making in Italy, mainly in Tuscany and Umbria, but the couple largely refined their process by, "trial, error and lots of pasta tasting".

"We wanted to create pasta without compromise. It had to be delicious. It had to behave like pasta," says Imogen. Eventually, they settled on a recipe based on regeneratively grown white spelt flour, with some additional organic wheat semolina. The pasta is then bronze die extruded and slow dried at low temperatures for flavour.

The result is a range of pastas that, like the best high-end versions, achieve a creamy texture and retain al-dente bite, hold their shape well and are tasty enough that you could eat them simply dressed with good oil, pepper and parmesan (the spelt adds a nice earthy, nutty edge). Despite only making its debut on Kendal Farmers' Market in June 2022, Northern Pasta Co is now a team of six fulfilling orders for Ocado and Booths, among others.

Their production facility is solar-powered and pasta is packaged in paper. Every decision is taken with sustainability and quality in mind: "We're trying to show you can have everything – look after our environments, pay farmers fairly, zero plastic packaging, and delicious pasta." Anything less would be "underestimating our consumers", she says. "They want better. Our growth is reflective of that."
northernpasta.co.uk

NORTHERN PASTA CO.
Radiatori
Rigatoni
Casarecce

Pictures DAVID CHARBIT, JAMES MOYLE

good FOOD
HOLIDAYS

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June 2026 to October 2026

Experience a scenic journey through the Douro Valley and Northern Portugal, blending vintage train rides, culture and leisure. Begin in Guimarães and ride the historic Douro steam train with folk music and local treats. Explore charming cities like Braga, Barcelos and Viana do Castelo. Visit Portugal's oldest cathedral, shop at lively markets and ascend to the Santa Luzia Sanctuary on the country's longest funicular. Enjoy wine tastings at Quinta de Pacheca and take a tour of a port wine cellar in Porto before riding the land train for all the city highlights. Ascend Penha Mountain by cable car for stunning views and marvel at the Baroque stairways of Bom Jesus do Monte.

Holiday includes

- Seven nights' half-board accommodation at a 4-star hotel
- Seven breakfasts and seven dinners
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Lake Como, St Moritz and the Bernina Express

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April 2026 to October 2026

Take in beautiful lakes and mountains on one of the world's great railway journeys to Switzerland's most celebrated holiday spot. Spend a week on the shores of Lake Como first — arguably the most picturesque of the Italian lakes. Its elegant villas and glorious gardens have inspired artists and writers for generations. This is the ideal setting for rest and relaxation but don't miss out on wonderful excursions, including a journey on the spectacularly scenic Bernina Express to chic St Moritz, famous refuge of the well-heeled, plus opportunities to discover stylish Milan and idyllic Lugano.

Holiday includes

- Seven nights' bed and breakfast or half-board accommodation in your chosen Lake Como Hotel
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- Entrance to the gardens of Villa del Balbianello
- Return flights to Milan
- Comfortable coach travel and transfers throughout
- Fully escorted tours led by a friendly, experienced tour manager, or specialist local guides

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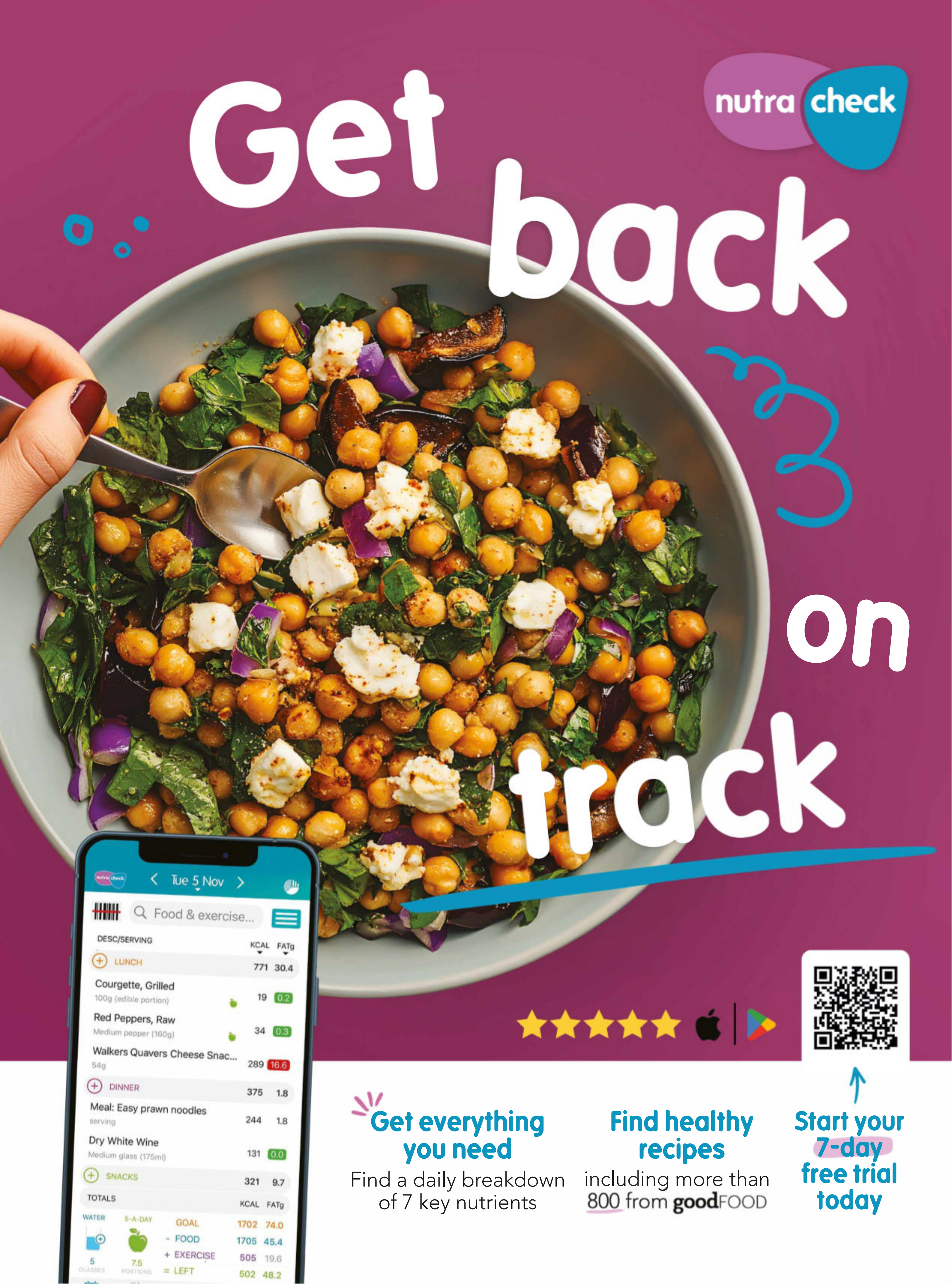

Tue 5 Nov

Food & exercise...

DESC/SERVING	KCAL	FATg
LUNCH	771	30.4
Courgette, Grilled 100g (edible portion)	19	0.2
Red Peppers, Raw Medium pepper (160g)	34	0.3
Walkers Quavers Cheese Snac... 54g	289	16.6
DINNER	375	1.8
Meal: Easy prawn noodles serving	244	1.8
Dry White Wine Medium glass (175ml)	131	0.0
SNACKS	321	9.7

TOTALS	KCAL	FATg
GOAL	1702	74.0
- FOOD	1705	45.4
+ EXERCISE	505	19.6
= LEFT	502	48.2

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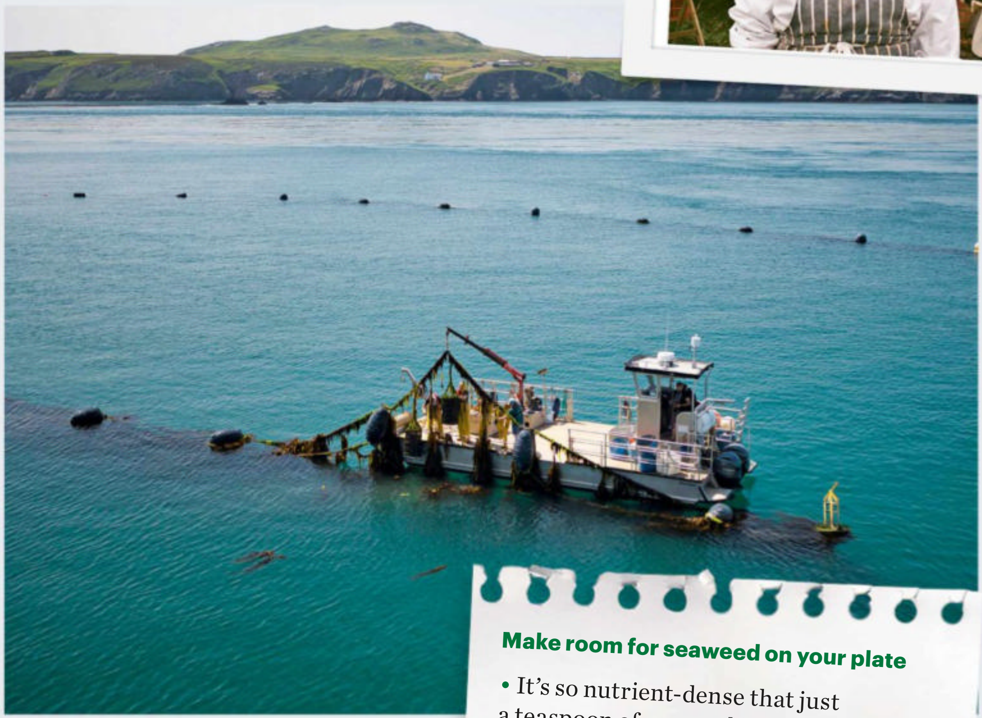
Climate heroes

‘Why we should be eating seaweed’

Meet Meg Haines, working member of Câr-y-Môr, a Welsh Community Benefit Society that aims to revitalise sea and soil, and champions seaweed as a sustainable food source

My background is in dance and circus. When I was in my mid-20s I met a guy who ran The Pembrokeshire Beach Food Company. He asked what my dad did for a living and when I said he was a fish farmer, he advised him to look into the global network of regenerative ocean farmers, Green Wave.

My dad and I found it inspiring and fascinating. With zero input, the potential of sea farming to improve biodiversity and grow food was enormous. Seaweed grown on sea farms also has the potential to sequester carbon, like plants do on land. Câr-y-Môr (‘For the Love of the Sea’) was born around a kitchen table in St Davids – like-minded people committed to developing a business around regenerative farming in the sea and on land.



We now grow seaweed and shellfish together on our sea farm, which encourages juvenile marine species to use the site as a nursery. Last year, we brought Pembrokeshire Beach Food Company into the business.

Initially, my role was to run a workshop for kids, where I’d also talk to their parents about Câr-y-Môr. Today, I work in the kitchen processing shellfish. Then I might give a seaweed talk in the evening or spend the day running a school club. Every day is different and I love to work in this beautiful part of the world.

Câr-y-Môr is a Community Benefit Society owned by its members who make decisions together. This democratic structure is special; it’s as much my business as it is anyone else’s.

Before Câr-y-Môr, I noticed how certain food would trend. I’m hopeful seaweed is having its moment and we’ll all get into the habit of cooking with it.

Education is a big part of Câr-y-Môr. I’m always amazed to see groups of kids tasting seaweed and saying “that’s really nice”! Take their lead and give it a try. Start with roasted veg topped with dried seaweed flakes – I keep a pot of it next to my cooker and sprinkle it into literally everything. Or to really experience it, try seaweed pesto.

Make room for seaweed on your plate

- It’s so nutrient-dense that just a teaspoon of seaweed in a dish is great for adding vitamins and minerals; like iron, B vitamins and iodine. The latter are particularly important for women and for those who might lack them elsewhere in their diet, such as vegetarians and vegans.
- Seaweed can grow up to 50cm a day and doesn’t require land, fertiliser or fresh water, making the potential of seaweed as a sustainable food source huge.
- Wales has a climate and coastline well suited to growing seaweed and a long heritage of using seaweed in cooking – such as laverbread – and for use on the land to restore soil health. Seaweed gives food a sense of place, and buying UK-grown seaweed supports rural, coastal communities.

For more information:

- Visit *carymor.wales* or shop for seaweed produce at *beachfood.co.uk*
- The Science Museum in London has an exhibition featuring Câr-y-Môr running until January called: Future of Food

Escape to the Dales

Bask in the North Yorkshire countryside at this private estate where the whole family is catered for

words NATALIE HARDWICK

On the edge of the Yorkshire Dales, Swinton Estate stretches over 20,000 acres of parkland, woodland and moor. It's home to the main Swinton Park Hotel, a cluster of self-catering cottages and a glamping set-up built around the Bivouac café – each offering its own pace and personality. Between the food, wellness options and activities, it's set up for every generation of traveller, from young families to those looking for pure downtime.

Parents will appreciate the sheer choice of things for kids to do – cooking classes, movie nights, fly fishing, clay pigeon shooting, archery and more, all adapted for younger guests. Adults get their own playground too, with river fishing, wild swimming and both real and simulated game shooting. If you'd rather unwind, there's yoga, Pilates and a spa that feels both calm and contemporary, with indoor and outdoor pools, thermal facilities and treatment menu available.

Nature provides an epic backdrop to the experience. You'll spot wildlife in the grounds, follow trails that link straight into the Dales, or head for the estate's druid's temple and sycamore gap trail. The birds of prey centre is a highlight – book a private session and you'll get hands-on with hawks, owls and falcons under the guidance of expert handlers.

Eat

Food here is built around the seasons, with much of it coming straight from the estate's own gardens. Four dining options mean you can match your meal to your mood.

The Bivouac café is the casual heart of the estate – a top spot for coffee and cake, hearty breakfasts or takeaway meals for self-catering guests.

The Terrace is smarter but still relaxed enough for families. Lunch could be a chicken caesar salad with pickled garden cabbage and estate mushrooms, or one of the bistro-style plates like gammon croque monsieur, beer-battered cod or Yorkshire lamb kofta burger. Kids are covered with their own menu. Dinner switches to small plates – think chilled green tomato gazpacho, chicken leg kyiv, Whitby crab agnolotti or salt cod and

Photographs WOJCIECH SUKIENNIK

> Wherever you eat, the service is warm and unfussy

Scarborough Wave cheddar beignets – plus a few classic mains.

There's also an afternoon tea service, plus Samuel's Restaurant in the main hotel, offering classic British dining, and Chef's Table by Josh Barnes, an intimate private dining experience that's featured in the Michelin Guide. Wherever you eat, the service is warm and unfussy.

> Food here is built around the seasons, with much of it coming straight from the estate's own gardens

Stay

Swinton Park Hotel is a Grade II-listed castle with all the architectural drama you'd expect, paired with modern interiors that respect the building's heritage. Cottages dotted around the grounds offer self-catering freedom with the estate amenities close by.

For something wilder, head to the Bivouac glamping area. Yurts and tree lodges sit in a peaceful meadow overlooking the moors – each with a wood-burning stove for cooler nights and space outside for summer meals. Guests share a hot tub and campsite kitchen, and the café's pizza oven is free to use. Inside, it's cosy without losing that authentic, under-the-canvas feeling.

HOW TO DO IT

Accommodation starting rates (per night): Knights Rooms £248, Tree Lodges £260, Meadow Yurts £330, Cabin Yurts £380, The Loft £358 and Swinton Cottages £930.

André Rieu concert in Maastricht

Enjoy a spectacular concert like no other courtesy of the Dutch maestro

From £879pp*

Joined by his Johann Strauss Orchestra, choir and soloists – as well as celebrity guests – André takes to the stage for his famous summer shows on Vrijthof Square next year. Experience the magic live, alongside visits to two of the Netherlands' cultural centres, with this unmissable city break.

Enjoy a taste of Dutch life with a three-night stay in Eindhoven, Veldhoven or Helmond. Take in Utrecht's marvellous architecture and captivating museums with an afternoon at leisure in the city. Then, explore historic Maastricht, near the Belgian border, before rounding off your tour with André Rieu at the magical Vrijthof Square.

Highlights and inclusions

- A €75 face-value seated ticket to see André Rieu and his Johann Strauss Orchestra (upgrades available)
- Three nights' 4-star accommodation at a carefully chosen bed-and-breakfast hotel in either Eindhoven, Veldhoven or Helmond
- Explore charming Maastricht and its pedestrianised cobbled streets and numerous shops, bars and cafés
- Board a private optional cruise along the Meuse River and enjoy a two-course dinner with a welcome drink
- Spend time in glorious Utrecht and take in its impressive medieval architecture
- Sway, tap and dance to the lively rhythms of André Rieu and his Johann Strauss Orchestra, live in concert
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Newmarket HOLIDAYS

1 FRITTELLE

A recent take on these little doughnuts includes Nutella, but the traditional Venetian version involves pine nuts, citrus peel and raisins or sultanas. Try them at Rosa Salva (a Venetian chain) – and have a napkin handy!

2 VENEZIANA

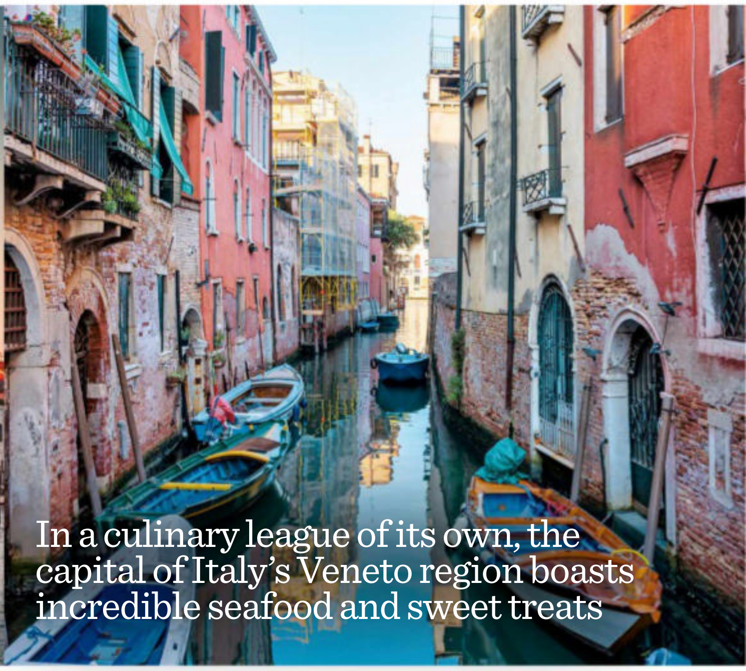
If you want one of these panettone-esque treats straight off the train, turn left out of Santa Lucia railway station, walk down Rio Terà Lista di Spagna and step into a little slice of Italian life in Pasticceria Dal Mas.

3 FRITTO MISTO

A good place to try fritto misto is Osteria Ai Promessi Sposi, a Cannaregio neighbourhood institution, but ensure that you book ahead. Order a carafe of cold prosecco and the crispy fried seafood dish for an unforgettable meal.

4 SARDE IN SAOR

Fresh fish is marinated with vinegary onion, raisins and pine nuts, here, all of which lend a sweet tang. Light and fresh, this is the perfect dish for a hot summer's day, especially when paired with a glass of crisp white wine.



what to eat in Venice

In a culinary league of its own, the capital of Italy's Veneto region boasts incredible seafood and sweet treats

5 FEGATO ALLA VENEZIANA

The intense sweetness of slow-cooked onion balances the delicate flavour of the calf's liver in this dish, a legacy of Venice's maritime past, when perishable offal was discarded before voyages. It's still popular today.

6 CICCHETTI

Local delicacies in bitesized form, cicchetti are often eaten as bar snacks. Try white salt cod (baccalà mantecato), a juicy prawn in oniony saor, greens and creamy stracciatella cheese, or polpette (small meatballs).

7 RISOTTO AL NERO DI SEPPIA

Purple in colour, deeply savoury, utterly Venetian, the musky flavour of this squid ink risotto is the essence of the lagoon. The ink which gives this moreish dish its colour has a distinctive umami taste.

8 MOECHE

The ultimate seasonal dish, moeche (softshell crabs) are only available for a few weeks when the lagoon crabs have shed their hard shells. Simply covered in flour and fried, they won't be cheap, but they'll certainly be delicious.

Words SEMELE ASSINDER | Photographs ALAMY, STOCKFOOD / IAN GARLICK, ISTOCK / GETTY

THREE OF THE BEST

Cruises to far-flung places

Relax and enjoy the journey to dream destinations by sea – getting there is half the fun

words SARAH BARRELL

A more structured holiday, like a cruise, can be an easier way to visit somewhere that has multiple points of interest or is protected for conservation reasons, or if you simply want to cover lots of ground in a short space of time. As with all cruises, choose companies wisely and make a pledge to spend money in local economies as you travel.

For unique nature: Galápagos Islands

The UNESCO-protected Galápagos may be the ultimate destination. You can see the species that gave rise to the theory of evolution, including marine iguanas. Of the 13 islands and some 60 smaller outcrops 900km off the coast of Ecuador, four are inhabited. Nature reigns here, so ships must tread lightly.

Norwegian-founded Hurtigruten's expedition offshoot HX – a fleet of fully or part-hybrid ships – lets passengers contribute to conservation efforts with on-board science and education centres. Its Galápagos expeditions are family-friendly, providing chances to walk with tortoises, snorkel, kayak and explore the archipelago's nature aboard smaller vessels. The MS Santa Cruz II has space for 90 in cabins sleeping up to three (some adjoining), and one restaurant focusing on regional cuisine like ceviche and cariucho roast chicken.

Taste your way around Quito, the Ecuadorian capital, where you can sample South American dishes like pan de yuca (cheesy bread made with cassava flour) and Andean quinoa soups.

This trip is about the nature, not on-board entertainment, so it suits families with kids who are good long-haul travellers (aged six and up). **Book** 'In Darwin's Footsteps' cruise, from £5,124pp all-inclusive for nine nights (without international flights). *travelhx.com*

Photographs GETTY IMAGES

For stunning vistas: British Columbia and Alaska

Combine the lush, rainforest-fringed coast of British Columbia with the rugged, glacier-flecked fjords of Alaska, and you have one of the world's most spectacular cruise destinations. This is one for families that love nature and wild landscapes, as it provides the chance to spot bears along shorelines, as well as seals, whales and dolphins swimming in your wake. Many trips centre on Vancouver as a hub, which gives you the opportunity to extend your holiday and explore British Columbia's wild backcountry or the Rockies.

Norwegian Cruise Line hosts a seven-day trip, starting and ending in Seattle, that calls into Juneau and its ice fields, and offers excursions to explore Glacier Bay National Park, kayak in protected fjords, pan for gold or go whale-watching.

Next, visit the frontier town of Skagway, complete with its clapboard buildings from the Gold Rush era – it's the gateway to the White Pass Railway, which extends into the Klondike gold fields. At Ketchikan, you can visit a rainforest sanctuary and learn about the First Nations Tlingit people.

Book From £888pp all-inclusive (without flights – most excursions are extra), with discounts for children aged three to eight and the third to eighth passenger in a party on most sailings. *ncl.com*

gettyimages
Credit: Education Images

For plenty of culture: Mekong River

River cruises access some of the world's best destinations, from ancient sites along the Nile and the Netherlands' waterways, to tours through Europe's culinary regions around the Danube, Rhine and Bordeaux. Many make onboard food offerings their calling card, with chef's tables and wine tastings part of the package. And, being much smaller than ocean liners, river cruises offer a calmer, more intimate atmosphere.

Asia's mighty Mekong River, where floating markets, jungle biking and temple tours abound, is great in autumn and winter, when humidity and tropical rains are at their lowest. AmaWaterway's sun-soaked trip offers a big cultural bang for your buck, taking in Vietnam and Cambodia, including Ho Chi Minh City, UNESCO-designated Angkor Archaeological Park, tuk tuk tours and visits to a local school, food market and Buddhist temple.

The elegant 124-berth, three-deck AmaDara sails the Mekong with French Colonial-style wood furnishings, a sundeck pool and spa. The main restaurant has both a Western and local menu, offering the chance to try Vietnamese iced coffees and pho, or Cambodian curries and noodle stir-fries. The chef's table venue's tasting menu blends local and European flavours (included once per trip).

Book 'Riches of the Mekong' – fly & cruise from £3,102pp all-inclusive for seven nights (with return flights from the UK). Cabins sleep two, and under-18s must overnight with an adult. *amawaterways.co.uk*

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our recipes always work

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Get the best from our recipes

We test them thoroughly to ensure they work for you

- Read the recipe before starting. Basic storecupboard ingredients, like salt, aren't included in the ingredients list.
- Use standard measuring spoons for accuracy, especially for things like spices, yeast and salt.
- Where possible, we use humanely reared and produced British meats, poultry and eggs, and sustainably sourced seafood.
- To avoid waste, we suggest how to use any leftovers you may have from our recipes.
- Eggs carrying the British Lion mark guarantee that all hens are vaccinated against salmonella.
- We try to avoid using plastic. You'll find instructions to wrap or cover, but we won't specify what to use unless it is vital to the recipe.

Helping you to eat well
Our BANT-registered nutritionist analyses our recipes on a per-serving basis, not including optional serving suggestions. You can compare these amounts with the Reference Intake (RI), the official recommended amount an adult should consume daily: Energy 2,000 kcals, Protein 50g, Carbohydrates 260g, Fat 70g, Saturates 20g, Sugar 90g, Salt 6g (RIs for total fat, saturates, sugar and salt are the maximum daily amounts).
Healthy recipes are checked to ensure they have a low amount of saturated fat, sugar and salt per 100g, equivalent to green on a traffic-light label. On a per serving basis, Good Food require the saturated fat to be 5g or less, salt 1.5g or less and sugar, 15g or less per serving.
Low-fat recipes in Good Food are low per 100g, or 12g or less per serving.
Low-calorie recipes have 500 calories or less per main, or 150 calories or less for a dessert. We also include portions of fruit and/or veg in a serving, and highlight recipes that supply a third of the daily requirements of calcium, iron, folate and vitamin C, and a good source of fibre and omega-3.
Balanced recipes contribute to your five-a-day, include starchy carbohydrate, lean protein and dairy, or plant-based alternatives. These recipes also use unsaturated oils in small amounts, and all components of the meal are included in the analysis – only seasonings are excluded as 'to serve'. Saturated fats, sugar and salt are medium per 100g, or amber on a traffic-light label.

How we label our recipes
Vegetarian (V) or vegan recipes are clearly labelled, but be sure to check pack ingredients.
Freezing (❄) Can be frozen for up to three months unless otherwise stated. Defrost thoroughly and heat until piping hot.

- Recipes for advertisement features are checked by our cookery team but not tested by them.
- Our gluten-free recipes are free from gluten, but this may exclude serving suggestions. For more information, visit *coeliac.org.uk*.
- We are unable to answer individual medical or nutritional queries.

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Give them roses *and* pistachios

Serve this elegant layer cake from food writer **Chetna Makan** to celebrate Diwali (20 October) or any special occasion

photograph HANNAH TAYLOR-EDDINGTON

Ras malai cake

This is inspired by ras malai, a famous Indian dessert I love made with rasgulla (sweet, soft cottage cheese balls) soaked in cream. The rose is gentle, fragrant and complements the cardamom.

SERVES 8-10 **PREP** 20 mins plus cooling **COOK** 25 mins **EASY V**

225g unsalted butter, softened, plus extra for the tin
225g caster sugar
4 eggs
225g plain flour
½ tsp ground cardamom
2 tsp baking powder
2 tsp rosewater

For the topping

250g mascarpone
300ml double cream
200g icing sugar
1-2 tsp rosewater, to taste
5 tbsp pistachio cream or spread
30g pistachios, finely chopped

1 Heat the oven to 180C/160C fan/gas 4. Butter and line two 20cm round cake tins with baking parchment. Beat the butter and sugar in a bowl for 3-4 mins until light and fluffy. Crack in the eggs, one by one, beating well after each addition, then stir in the remaining ingredients until smooth.

2 Divide between the tins and bake for 25 mins until lightly golden and a skewer inserted in the middles comes out clean. Leave to cool in the tins for 20 mins, then turn out onto a wire rack to cool completely.

3 For the topping, whisk the mascarpone until smooth, then whisk in the double cream until the mixture is just holding its shape. Sieve over the icing sugar, add the rosewater and 1 tbsp pistachio cream or spread. Beat to combine until the mixture holds its shape.

4 Arrange one cake on the serving plate then spread the remaining 4 tbsp pistachio cream over the top. Add half the cream topping, then the second cake on top. Spread over the rest of the cream topping, sprinkle with the chopped pistachios and serve. *Any leftovers will keep in an airtight container for two days.*

PER SERVING (10) 766 kcals • fat 52g • saturates 30g • carbs 66g • sugars 48g • fibre 1g • protein 8g • salt 0.41g

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